

# STIRRING



PASSAGES



More Than 560 Tested  
RECIPES

# **"STIRRING PASSAGES"**

## **A COOKBOOK**

**Compiled by**

**THE HOME ECONOMICS CLUB**

**of**

**WALLA WALLA COLLEGE**

**Under the Direction of**

**DAISY B. SCHLUNTZ, M. S.**

**Assistant Professor and Director of the Department of Home Economics**

**WALLA WALLA COLLEGE**

**Fourth Edition**

**PACIFIC PRESS PUBLISHING ASSOCIATION**

**Mountain View, California**

**Omaha, Nebraska   Cristobal, Canal Zone   Portland, Oregon**



Copyright 1940, 1941

By  
BETA MU



## FOREWORD

There is no home economist who has better recipes than the woman who has blended in her own kitchen, good things to eat, beautiful smiles, and that indescribable spirit that ever goes from a real artist into his work. After all, only a homemaker can ever know and understand *l'art de la cuisine*.

In these favorite recipes so generously contributed by the ladies of the Walla Walla Valley lie cherished and secret mementoes of ambitions to win the hearts they love. This little book passes these favorites on to you with the assurance of the compilers that they will give you added health, as well as an intriguing invitation to the kitchen and a boastful family.

For the pleasure that you will receive from these collected recipes you have to thank Beta Mu, the home economics club of Walla Walla College. Its members have spent happy hours together, collecting, copying, revising, and proof reading—in other words stirring these passages until they have almost become a part of them. The cover was designed by Bertha Shollenburg.

Thank you, homemakers, for your recipes. Without your contributions this book would have been impossible.

*"Some ha' meat  
But ca'not eat  
And some must go we'out it  
But we ha' meat  
And we can eat  
So let the Lord be thankit."*

DAISY SCHLUNTZ,  
*Department of Home Economics,  
Walla Walla College.*

It is with a bit of reluctance that, after two successful editions, the compilers give these pages into the hands of the Pacific Press. We believe, however, that in so doing these "favorites" will reach a greater number of eager homemakers than could possibly be reached otherwise. It is with this in mind that the members of the Home Economics Club of Walla Walla College give gratitude to the publishers and to *Health* magazine for their enterprise. We are confident of its success.

DAISY SCHLUNTZ.

## CONTENTS

BALANCED MENUS . . . . .	79
BREADS, QUICK . . . . .	33-38
BREADS, YEAST . . . . .	30-32
CAKES . . . . .	66-73
CANDY . . . . .	109-112
COOKIES . . . . .	78-83
DESSERTS . . . . .	99-105
DESSERTS, FROZEN . . . . .	94-98
EGG DISHES . . . . .	62-65
FOOD ANALYSIS GUIDE . . . . .	17
FROSTINGS AND FILLINGS . . . . .	74-77
HINTS IN THE PREPARATION OF FOODS . . . . .	7
HONEY . . . . .	106-108
MISCELLANEOUS . . . . .	113-115
OVEN TEMPERATURES FOR BAKING . . . . .	31
PASTRY . . . . .	84
PIES . . . . .	85-93
PROTEIN DISHES . . . . .	13-29
SALADS . . . . .	41-49
SALAD DRESSING . . . . .	50
SANDWICHES . . . . .	39-40
SCIENTIFIC YARDSTICK FOR PLANNING MEALS . . . . .	8
SOUP . . . . .	9-12
THICKENING POWER OF FLOUR AND CORN-STARCH . . . . .	61
VEGETABLES . . . . .	51-61
VITAMIN CHART . . . . .	47



## HINTS IN THE PREPARATION OF FOOD

Use a variety of foods, giving a particular place on the menu to milk, eggs, green leafy vegetables, fresh fruits and vegetables, and whole-grain cereals and breads.

To avoid the loss of vitamin value in cooking:

Cook foods as quickly as possible.

Cook with small amounts of water, and use any that remains. Special utensils are not necessary for so-called "waterless cookery."

Steaming is an excellent way to cook many foods, especially vegetables.

Do not peel vegetables or fruits and then let them stand before cooking. Cooking them whole and with the outer covering on helps to preserve the vitamin content.

Serve foods immediately after they have been cooked.

Do not fry foods if they can be cooked in some other way. Frying and roasting are very destructive of vitamins.

Frozen foods have practically the same vitamin content as fresh ones. Care must be taken to conserve it during preparation for serving. Do not defrost and then allow to stand. If frozen foods are to be cooked, put them on to cook while they are still frozen, and use all the liquid.

Do not chop or crush fresh fruits and vegetables and allow them to stand. They lose vitamin C rapidly.

Canned foods retain most of their vitamin content, with the possible exception of vitamin C. Canned foods are cooked foods, and should be treated accordingly.

## SCIENTIFIC YARDSTICK FOR PLANNING MEALS

Americans now have a scientific yardstick for planning the daily diet that will give them health, strength, and morale for total defense. The yardstick, translated from laboratory terms of allowances for vitamins, minerals, protein, fat, and carbohydrate is here presented:

One pint of milk daily for an adult, more for children.

One serving of protein-rich food once each day.

One egg daily or some suitable substitute rich in iron and protein.

Two servings of vegetables other than potatoes, one of which should be green or yellow. Raw vegetables should be used frequently.

Two servings of fruit daily, one of which should be a good source of vitamin C, such as the citrus fruits or tomatoes.

Bread, flour, and cereal, most and preferably all of it *whole grain* or the new, enriched bread, flour, and cereals.

Some butter daily, or margarine with vitamin A added.

Include such other foods as are necessary to supply calories for maintenance of average weight.

## The BEST of health to you

### SOUP

#### BEAN AND TOMATO SOUP

2 cups mashed beans	1 cup thin cream
2 cups stewed tomatoes	1 cup steamed rice
Salt to taste	Boiling water

Rub beans and tomato through colander. Add salt, cream, rice and enough water to make the desired consistency.

MRS. L. T. HAGLE.

#### CREAM OF TOMATO SOUP

3 cups tomatoes	2 slices onion
3 or 4 sprigs parsley	1 small bay leaf
Salt	1 cup milk
1 tablespoon butter	1 cup water
1 tablespoon flour	½ teaspoon sugar

Cook together the tomato, onion and seasonings. Strain. Make a white sauce of the butter, flour, milk and water. Cook in double boiler. Add the seasoned tomatoes when ready to serve.

MRS. L. T. HAGLE.

#### THOUSAND ISLAND SOUP

¼ cup cooked rice	½ pimiento
2 tablespoons chopped ripe olives	Whipped cream

Make cream of tomato soup. Use larger proportion of tomato and make thicker than usual. Add to each quart of soup the ingredients given above. Serve with a spoonful of whipped cream, unsweetened, on top of each serving.

MRS. G. W. MILLER.

#### TOMATO NOODLE SOUP

1 tablespoon butter	1 quart tomato juice
1 small chopped onion	Noodles
1 quart hot water	½ cup sour or sweet cream

Simmer the onion in the butter until light brown. Add water and tomato juice. Simmer for ½ hour. Add as many noodles as desired and cook until noodles are done. Add cream just before serving.

MRS. W. F. MOHR.

#### CREAM OF SPINACH SOUP

½ cup cooked spinach	2 tablespoons flour
3 cups milk	1 teaspoon salt
2 tablespoons butter	

Put the spinach through a colander. Make a white sauce of the remaining ingredients, add the spinach and reheat.

MRS. F. W. PETERSON.



## MOCK CHICKEN SOUP

- |                      |                   |
|----------------------|-------------------|
| 2 eggs               | Celery salt       |
| 3 tablespoons butter | Onion             |
| 1 pint potato water  | 1/2 cup hot cream |

Scramble the eggs in butter; add potato water and boil 10 minutes. Flavor with celery salt, parsley and onion. Add hot cream and serve.

MRS. L. T. HAGLE.

## FARMER'S FAVORITE SOUP

- |                         |                 |
|-------------------------|-----------------|
| 1/2 cup rich sour cream | 1 carrot        |
| 1/3 cup macaroni        | 1 potato        |
| 1 small onion           | Chopped parsley |
| 1 stalk celery          | Salt            |

Drop macaroni into 3 cups boiling water and cook. Dice vegetables. Boil cream till brown, add diced vegetables and 3 cups water and cook until thoroughly done. Add macaroni, water, and parsley.

MRS. L. T. HAGLE.

## PROTOSE BROTH

- |                          |                          |
|--------------------------|--------------------------|
| 1 pound Protose          | 1/2 teaspoon celery salt |
| 1/2 cup condensed tomato | 1 small bay leaf         |
| 1 small onion            | 2 quarts water           |

Simmer Protose, onion and bay leaf 1 hour in the water. Strain and add other ingredients. Salt, reheat and serve.

MRS. G. W. MILLER.

## SPLIT PEA SOUP

- |                   |                           |
|-------------------|---------------------------|
| 1 cup split peas  | 1 tablespoon oil          |
| 1 onion, cut fine | 1 quart water             |
| 1/3 cup butter    | 1 1/2 tablespoons tapioca |

If necessary add more water to the peas as they boil down. When peas are nearly tender add tapioca. Cook a little longer with frequent stirring. Salt and put through colander.

WINIFRED HOLMDEN.

## VEGETABLE SOUP

- |                                     |   |
|-------------------------------------|---|
| 1 cup raw potatoes                  | 1 small turnip, rutabaga, parsnip, or oysterplant |
| 1/2 cup raw carrots                 |   |
| 1 cup kale or green part of cabbage | 2 tablespoons red plmlento                        |
| 1 medium size onion                 | 1 cup oatmeal                                     |
| 1/2 stalk celery                    | 1 clove of garlic, if desired                     |
|                                     | 1 tablespoon butter                               |

Cut the raw potatoes, carrots, kale, onion and celery with the coarse blade of the food grinder. Cook in about 2 quarts of water. Add the oatmeal and cook until tender. Thin and salt to suit taste. Add butter and serve hot.

SARAH ANN GARDNER.

## FRUIT SOUP

- |                       |                           |
|-----------------------|---------------------------|
| 1 cup raisins         | 2 sticks of cinnamon bark |
| 1 small lemon, sliced | Fruit juice               |
|                       | 1/2 cup sago              |

Wash raisins, add cinnamon bark and lemon. Cover about 1 inch with cold water and cook until raisins are tender (about 20 minutes). Measure 1/2 cup sago and fill cup with cold water. Remove lemon slices from boiling mixture and stir in sago. Cover and let simmer until sago is clear. This should be real thick. Stir often to keep raisins from sticking. Add grape juice or any berry juice to make the right consistency. Sweeten to taste and serve with sliced banana on top. Do not cook much after juices have been added. Good ice cold in summer. Serves 4.

MRS. F. W. PETERSON.

## FRUIT SOUP

## A Scandinavian Dish

- |                               |                               |
|-------------------------------|-------------------------------|
| 1/2 cup quick-cooking tapioca | 1/2 cup sugar                 |
| 2 quarts water                | 2 large apples                |
| 2 cups small prunes           | Juice of 1 or 2 lemons        |
| 3 sticks cinnamon             | 2 cups canned cherries        |
| 1/2 cup water                 | 1 glass bright jelly or juice |

Two-thirds cup pearl tapioca may be used instead of the quick-cooking, and soaked before cooking. Cook until half done. Add prunes, sugar, apples and cherry juice. Use apples which do not cook up. Soak the cinnamon in 1/2 cup water and add this water to the soup. Add lemon juice, cherries and jelly or juice. Add more water if it is too thick. Serve hot.

MRS. W. D. EMERY.

## CREAM OF LIMA BEAN SOUP

- |                    |                   |
|--------------------|-------------------|
| 1 cup lima beans   | 1 onion           |
| 1 cup carrots      | 2 cups milk       |
| 3 cups water       | 1 cup water       |
| 1 tablespoon flour | Vegex, if desired |

Soak lima beans over night in 3 cups cold water. Drain and cook in 3 cups water. At end of 15 minutes add the chopped onion and carrot; and cook until beans are tender. Put through a sieve and add to white sauce made of flour, milk, and 1 cup water.

MRS. L. T. HAGLE.

## CREAM OF MUSHROOM AND RICE SOUP

- |                         |                 |
|-------------------------|-----------------|
| 1/3 cup natural rice    | 2 1/2 cups milk |
| 3/4 cup cream           | Salt to taste   |
| 1 cup chopped mushrooms |                 |

Cook rice in double boiler. Add 1/4 cup cream and small amount of salt. Remove from double boiler and cook slowly 10 minutes. Add 1/2 cup water to mushrooms and cook 10 minutes. Add salt and cook until dry. Add remaining cream and cook well. Combine rice and mushrooms and add to milk. Heat, season and serve.

MRS. G. W. MILLER.

## WASHINGTON SANITARIUM FAVORITE SOUP

- |                                   |                              |
|-----------------------------------|------------------------------|
| 3/4 cup rich cream, sweet or sour | Salt to taste                |
| 1/2 cup uncooked macaroni         | 1/2 cup carrots, chopped     |
| 1 tablespoon chopped onion        | 1 1/2 cups diced potatoes    |
| 1 tablespoon cooking oil          | Chopped parsley              |
|                                   | 1/2 teaspoon Vegex or Savita |

Cook the cream down in a skillet with the oil, stirring constantly until the fat and the milk solid separate and the solid turns a golden brown; the degree of browning determines the flavor of the soup. Add the onion and stir over the fire one minute but do not brown. Add four cups water, finely chopped carrots, potatoes and salt. Cook until vegetables are tender. Boil the macaroni in four cups water until done. Add the macaroni and water to the soup. Add seasoning and serve.

MRS. G. W. MILLER.

## LENTIL SOUP

- |                      |                    |
|----------------------|--------------------|
| 1/2 cup lentils      | 1 tablespoon flour |
| 1 onion              | 1/4 cup sour cream |
| 1 cup diced potatoes | 6 cups water       |
| 2 tablespoons butter |                    |

Cook lentils until nearly done, then cook lentils, onions and potatoes in 6 cups water. Put butter in small frying pan and add flour. Brown flour slowly. Add to lentils; add sour cream. This soup may be strained after the cream is added.

MRS. W. F. MOHR.



## LOMA LINDA BOUILLON

- |                     |                              |
|---------------------|------------------------------|
| 2 tablespoons onion | 1/2 cup tomato puree         |
| 2 1/2 cups water    | 1 teaspoon salt              |
| 1 tablespoon butter | 1/2 can (4 ounces) Soy Mince |
| 1 tablespoon flour  | Sandwich Spread              |

Simmer onions in butter. Add flour and brown. Add remaining ingredients and heat.

LOMA LINDA FOODS.

## VITAMIN SOUP

- |                      |                            |
|----------------------|----------------------------|
| 1/2 cup cabbage      | 1 small onion              |
| 1/2 cup carrots      | 1 stalk celery with leaves |
| 1 cup potatoes       | 1 tablespoon oil           |
| 1/2 cup string beans | 1 tablespoon butter        |
| 1 small sweet potato | 1/2 cup tomatoes           |
| Salt to taste        | 1 teaspoon Vegex or Savita |

Wash vegetables with a brush. Do not peel. Cut them up, cover with cold water, add fat and cook until tender. Add tomatoes and salt and cook 20 minutes longer. Press through a coarse colander. Add the vegex and enough water to make the right consistency. Reheat and serve. One-half cup barley cooked in a double boiler may be added just before serving or cooked natural rice may be used.

MRS. G. W. MILLER.

## POTATO CELERY SOUP

- |                              |                          |
|------------------------------|--------------------------|
| 2 1/2 cups green celery tops | 1 onion, sliced          |
| and stalks, minced           | 3 medium potatoes, cubed |
| 1 tablespoon butter          | 1 quart milk             |

Cook celery and onion in buttered water until tender. Cook potatoes separately. Drain potatoes. When celery is tender add 1 quart milk and bring to a boil. Add potatoes and more butter. Season to taste.

MRS. F. L. VULLIET.

## CREAM POTATO SOUP

- |                        |                      |
|------------------------|----------------------|
| 2 cups mashed potatoes | 2 tablespoons butter |
| 1 pint milk            | Whipped cream        |
| 1 onion                |                      |

Heat milk and a tablespoon butter. Pour hot milk into mashed potatoes slowly. Whip thoroughly. Add more milk to make the desired consistency and heat. Mince an onion and brown in butter. Pour potato soup into onions and serve with a tablespoon of whipped cream in each dish.

MRS. F. L. VULLIET.

## NUT CHOWDER

- |                         |                         |
|-------------------------|-------------------------|
| 1/2 cup cubed nut loaf  | Salt to taste           |
| 1 hard boiled egg       | 1 small bay leaf        |
| 1 teaspoon grated onion | 1 cup lima bean broth   |
| 1 pinch sage            | 1 cup strained tomatoes |
|                         | 1/2 cup water           |

Add all ingredients to boiling soup stock. Cook 10 minutes.

MRS. G. W. MILLER.

## CORN CHOWDER

- |                             |                   |
|-----------------------------|-------------------|
| 1 onion                     | 1 teaspoon salt   |
| 2 cups corn                 | 2 cups milk       |
| 2 medium potatoes and water | 2 tablespoons oil |

Fry minced onion in fat. Add cooked potatoes and any water left on them, the corn and salt. Cook until boiling and blended. Add milk, heat to boiling and serve.

MRS. RUTH COOPRIDER.

## MASHED POTATO-BOLOGNA PIE

- |                          |                         |
|--------------------------|-------------------------|
| 4-6 cups mashed potatoes | 1 can Vegetable Bologna |
| 1 grated onion           | 1 slightly beaten egg   |

Mash the potatoes with cream and butter until very fluffy and light. Place a layer of mashed potatoes in a baking dish. Place a layer of grated onion on top of potatoes. Spread with a layer of Vegetable Bologna, using about 1/2 of the can. Put on another layer of potatoes, a little grated onion and another layer of Vegetable Bologna. Top with a layer of potato. Brush with egg. Mark the top in squares and brown in the oven. Serve with egg gravy seasoned with Vegex.

MRS. T. M. FRENCH.

## GLUTEN

- |                   |                    |
|-------------------|--------------------|
| 1 pint cold water | 1 1/4 quarts flour |
|-------------------|--------------------|

Mix the flour and water into a dough and let soak in water for 1/2 hour or longer. Then wash the starch out until the water is clear. The lump of gluten is then ready for use.

## GLUTEN ROAST

- |                                  |                      |
|----------------------------------|----------------------|
| 1 1/2 pounds gluten (washed out) | 1 1/2 teaspoons salt |
| 1 small onion                    | 1 teaspoon Vegex     |
| 1 cup walnut meats               | 2 cups tomato juice  |

Cut gluten, onion and walnuts through a meat grinder several times until thoroughly mixed. Add salt and Vegex, mix thoroughly. Put in a greased baking tin and pour the tomato juice over the top. Steam for 3 hours.

MRS. J. R. NEWCOMBE.

## GLUTEN POT PIE

- |                       |                                |
|-----------------------|--------------------------------|
| 3 cups diced potatoes | 4 tablespoons flour            |
| Onion to season       | 4 tablespoons fat              |
| 1 can mushrooms       | Gluten from 8 cups bread flour |

Add potato, onion, and mushrooms to the gluten, cut in small pieces, and cook. Thicken with fat and flour. Pour into baking dish and cover with pie crust.

MRS. GWYNNE DALRYMPLE.

## GLUTEN STEAK

- |                             |                         |
|-----------------------------|-------------------------|
| 1 pound gluten (washed out) | Boiling vegetable broth |
|-----------------------------|-------------------------|

Cut gluten into small pieces and pull into shape of steaks. Place in boiling vegetable broth. Boil 1 hour. Take out and roll in bread or cracker crumbs. Fry.

MRS. J. R. NEWCOMBE.

## GLUTEN ROAST

- |                        |                      |
|------------------------|----------------------|
| 10 cups flour          | 2 large eggs         |
| 3 cups water           | 1 1/2 teaspoons salt |
| 1 cup ground walnuts   | 3 bay leaves         |
| 1 medium onion, ground | 2 cups boiling water |
| 1/2 cup shortening     | 1 teaspoon Vegex     |

Knead the flour and water into a hard ball, cover with water and let stand overnight. Wash out starch until water is clear. Grind through food chopper. Mix nuts, eggs, onion, salt, and melted shortening thoroughly and run through the grinder with the gluten, keeping well mixed. Place in buttered roaster. Scatter bay leaves over the top. Cover with boiling water with Vegex dissolved in it. Bake, covered tightly, in a hot oven for 30 minutes, and a slow oven for 1 hour.

MRS. D. A. HART, MRS. L. E. ESTEB.



## MOCK DUCK

- |                        |                           |
|------------------------|---------------------------|
| 1 cup chopped celery   | 3 raw eggs                |
| 2 cups bread crumbs    | 1 tablespoon grated onion |
| 2 cups chopped walnuts | 1 tablespoon salt         |
| 2 cups boiled rice     | 2 tablespoons butter      |
| 2 hard boiled eggs     |                           |

Cook crumbs with 1 pint water for 5 minutes. Add celery, hard-boiled eggs, chopped; remove from fire and add fat, nuts, rice and seasonings. Mix well with raw eggs, slightly beaten. Form into shape of duck, brush over with melted butter and bake 1 hour.

Mrs. Gwynne Dalrymple.

## PECAN ROAST

- |              |                      |
|--------------|----------------------|
| 2 eggs       | 2 cups bread crumbs  |
| 1½ cups milk | 1 cup chopped pecans |
| ½ cup cream  | 1 teaspoon salt      |

Mix together and bake.

Mrs. P. W. Ochs.

## MOCK SALMON ROAST

- |                            |                   |
|----------------------------|-------------------|
| 1½ cups grated raw carrots | 2 tablespoons fat |
| 1 cup cooked rice          | 1 onion           |
| 1½ cups peanut butter      | Sage              |
| 1 cup milk                 | Salt              |
| 1 egg                      |                   |

Mix the milk into the peanut butter. Combine the ingredients and bake.

Mrs. C. N. Tillman.

## COTTAGE CHEESE ROAST

- |                      |                      |
|----------------------|----------------------|
| 1 cup cottage cheese | 1 teaspoon onion     |
| 1 cup bread crumbs   | 3 tablespoons fat    |
| ¼ cup nuts           | ½ teaspoon seasoning |
|                      | 1 teaspoon salt      |

Cook onions in fat. Pour in cottage cheese. Add other ingredients. Bake.

Mrs. G. M. Price.

## FRIDAY MEAT LOAF

- |                         |                     |
|-------------------------|---------------------|
| ½ pound cheese          | 1 tablespoon butter |
| 2 cups beans or lentils | ½ teaspoon salt     |
| (cooked)                | 1 cup tomatoes      |
| ½ cup bread crumbs      | 1 egg               |
| 1 teaspoon grated onion |                     |

Put cheese and beans together, add seasonings, crumbs to make stiff, and melted butter or milk to moisten if too dry. Bake and serve with tomato sauce.

Mrs. J. D. Cornell.

## CHEESE AND WALNUT ROAST

- |                           |                            |
|---------------------------|----------------------------|
| ¼ pound cream cheese      | 1 tablespoon fat           |
| 1 cup chopped walnuts     | 2 tablespoons minced onion |
| 1½ cups soft bread crumbs | 1 tablespoon lemon juice   |
| 1 cup milk                | ½ teaspoon salt            |
| 1 egg, beaten             | ¼ teaspoon paprika         |

Grate the cheese and add the nuts, bread crumbs, milk and egg. Melt fat in a skillet, add onion and saute to a golden brown. Combine these and add the remaining ingredients. Bake in a moderate oven (375° F.) for 45 minutes.

Mrs. M. L. Neff.

## GLUTEN ROAST

- |                          |                              |
|--------------------------|------------------------------|
| Gluten from 8 cups flour | 1 tablespoon Vegex           |
| 4 eggs, well beaten      | 2 tablespoons Soy Sauce      |
| 2 cups bread crumbs      | 1 teaspoon poultry seasoning |
| 1 teaspoon red coloring  | 2 onions, ground             |
| 1 cup ground nuts        |                              |

Pick the gluten apart and boil in salt water 15 to 25 minutes. Grind it. Add the red coloring to the eggs. Mix together. This roast should be moist, if not add water. Cold potato or macaroni may be used instead of crumbs.

Mrs. J. C. Haussler.

## VEGETABLE GLUTEN STEW

- |                          |                                 |
|--------------------------|---------------------------------|
| 3 cups raw potatoes      | 2 tablespoons fat               |
| 1 cup carrots            | 4 tablespoons browned flour     |
| 1 cup young turnips      | 1 cup gluten biscuit, broken up |
| 1 small onion, quartered | 4½ cups cold water              |
| 2 teaspoons salt         |                                 |

Crush gluten biscuit, put into sauce pan with carrots and turnips which have been cut up, onion, salt and water. Boil 10 minutes. Rub the butter and flour together in a pan over the fire, adding the broth gradually and stirring until free from lumps. Pour out over the boiling vegetables. Add raw potatoes, and salt to taste. Cook until done. Garnish with parsley and serve.

Mrs. Harvey Deer.

## MEATLESS LOAF

- |                           |                   |
|---------------------------|-------------------|
| 4 cups boiled brown beans | 1 to 3 eggs       |
| 1½ cups steamed rice      | 3 tablespoons fat |
| 1 small onion             | ½ teaspoon salt   |
| 2 tablespoons parsley     | ½ teaspoon sage   |

Put cold beans through food chopper. Beat eggs slightly, mix all together and put into a well-greased baking dish. Bake 30 to 40 minutes. Serve with tomato sauce.

Mrs. Alvah Bringle.

## NUT BROWN ROAST

- |                           |                            |
|---------------------------|----------------------------|
| 1 cup ground walnut meats | 1 teaspoon salt            |
| 2 cups fine dry bread     | 1 teaspoon sage (to taste) |
| crumbs                    | 2 tablespoons oil          |
| 2 cups milk               | 2 eggs, well beaten        |
| 1 medium onion, finely    |                            |
| grated                    |                            |

Mix ingredients together and bake 1½ hours, or until done, in a well-greased loaf pan. Turn out on a platter and slice. Serve with tomato gravy or sauce.

Mrs. Orel Hunt.

## VEGETARIAN CHICKEN A LA KING

- |                       |                                    |
|-----------------------|------------------------------------|
| 1 pound diced Nuteena | 2 hard cooked eggs                 |
| 2 cups cooked celery  | 2 cups cooked peas                 |
| ½ cup cooked onion    | ½ cup cooked bell peppers          |
| 1 teaspoon paprika    | 2 teaspoons vegetable salt         |
| 2 cups whole milk     | 4 teaspoons arrowroot (to thicken) |

Combine celery, onion, bell pepper, paprika, vegetable salt, with the milk. Make a paste of the arrowroot and the juices from the vegetables and add to milk mixture and bring to a boil on a low unit of heat. When well-thickened, add diced Nuteena, diced eggs and the cooked peas, fold together carefully without mashing. Fill in timbale shells and serve hot or serve on toast.

LOMA LINDA FOODS.



## GLUTENBURGER MARZETTI

Simmer 2 onions till soft. Add 1 can (14 oz.) Glutenburger and 1 to 2 cups tomato puree. Simmer about ½ hour. Add 2 cups cooked spaghetti. Put into buttered baking dish, alternating layers of Glutenburger mixture with layers of grated cheese and bake in moderate oven 1 hour. Serves 6 to 8.

LOMA LINDA FOODS.

## MUSHROOMS WITH DRESSING

- |                      |                          |
|----------------------|--------------------------|
| 2 cups bread crumbs  | ½ cup mushrooms, chopped |
| 2 tablespoons butter | 1 cup hot water          |
| 1 egg                | ½ tablespoon onion juice |
| 1 teaspoon salt      | ⅛ teaspoon sage          |

Pour the hot water over the bread crumbs, add the butter, salt, onion, and sage. Beat the egg and stir into other ingredients. Add the mushrooms and bake in a moderate oven.

## RING TUM DITTY

- |                           |                        |
|---------------------------|------------------------|
| 2 cups medium white sauce | 1 can tomato soup      |
| ½ pound cheese            | 1 can red kidney beans |

To the hot white sauce add the grated cheese. Stir constantly but do not let boil. As soon as the cheese has melted, add the soup and beans. Heat but do not let boil. Serve on toast, hot biscuits or rice.

LILAH GODFREY.

## STUFFED PROTEENA

- |                           |                        |
|---------------------------|------------------------|
| 1 pound Proteena          | 1½ cups bread crumbs   |
| ¼ cup water               | 2 tablespoons butter   |
| 1 tablespoon grated onion | 1 teaspoon Savorex     |
| ¼ teaspoon salt           | 1 egg                  |
| ½ teaspoon sage           | ½ teaspoon celery salt |

Hollow out the Proteena with a knife. Dissolve the Savorex in the hot water and add the butter, allow to cool and pour over bread crumbs. Add well-beaten egg, seasonings and more water if necessary. Chop up about ¼ of the removed Proteena and add. Stuff the Proteena shell and baste with Savorex water. Bake about 1 hour. The Proteena may be stuffed with mushroom dressing if desired. Serves 8.

LOMA LINDA FOODS.

## VEGETARIAN CHICKEN CROQUETTES

- |                                   |                            |
|-----------------------------------|----------------------------|
| 1 cup boiled rice, dry            | 1 tablespoon flour         |
| 1 hard boiled egg, finely chopped | 1 tablespoon melted butter |
|                                   | 1 tablespoon grated onion  |
| 8 to 12 ripe olives               | Salt and sage to taste     |
| ¼ cup chopped almonds             | 1 egg                      |

Mold into croquettes and let stand in cold place for several hours. Roll in egg and cracker crumbs, fry in deep fat.

MRS. F. W. PETERSON.

## OATMEAL HAMBURGERS

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1 cup rolled oats                     | 1 medium minced onion |
| 1 cup ground walnuts (finest grinder) | 2 eggs                |
|                                       | Salt to taste         |
| 3 tablespoons canned milk             | Sage to taste         |

Beat eggs and combine all other ingredients with them. Drop from spoon to form small patties and brown on both sides in hot shortening. Cover with Vegex water and simmer 45 minutes or 1 hour on top of stove or in oven. Makes 8 patties.

MRS. HAZEL PETERSON.

## KEY TO GUIDE

By columns, type, and kind of indicator, this Guide gives you at a glance correct information as to Combinations, Acid and Alkaline Foods, and Complete and Heavy Proteins.

AVOID eating foods listed in columns 1 and 3 at the same meal, as such combinations produce "chemical warfare" in the stomach. Foods in column 2 usually combine well with those in columns 1 or 3.

Acid-Forming foods in capital letters. Alkaline-Forming foods in regular type. (Eat more alkalizing than acid-forming foods).

Heavy Protein foods indicated by \* (Eat sparingly).

Complete Protein foods indicated by "c." Some of this type of food should be eaten every day.

1	2	3
Average 1 gram protein per serving	Grams indicated are of protein per serving	Average 1 gram protein per serving
Apples	cAlmonds, ten,* 2 gm.	Artichokes
Apricots	Avocado	Asparagus, 2 gm.
Bananas	Beans,* boiled, ½ cup, 6 gm.	Brussels sprouts
Blackberries	Beans,* Lima, 5 gm.	Beets, 2 gm.
Cranberries	cBeans,* soy, boiled, ⅓ cup, 11 gm.	Cabbage
Currants	cBrazil nuts*	cChard, ½ cup, 3 gm.
Cherries	BREAD,* 1 slice, 4 gm.	Cucumbers
Dates	Bread, soy	Cauliflower, 2 gm.
Gooseberries	BREAKFAST FOODS,* cereal	Carrots
Grapefruit	Buttermilk,* 1 glass, 8 gm.	Celery
Grapes	cCHEESE,* 2 ozs., 15 gm.	CORN, green
Loganberries	Cream	Kohlrabi
Limes	CRACKERS	Leeks
Oranges	CORN MEAL	Lettuce
Prunes	Eggplant	Onions
Plums	cEGGS,* 6 gm.	Parsnips
Persimmons	cGarbanzos*	Peas, green, 7 gm.
Pineapple	GRAINS,*	Peppers, green
Peaches	LENTILS,* 9 gm.	Potatoes, white, med., 2.2 gm.
Pears	MACARONI	Rutabagas
Raisins	Melons, all kinds	Radishes
Raspberries	cMilk,* 1 glass, 8 gm.	cSpinach, ½ cup, 2 gm.
Strawberries	Milk, soy	String beans
Tangerines	Olives, 10 med., 1 gm.	Sweet potatoes, mashed, 3 ⅓ cups
	Pumpkins	Turnips
	PEANUT BUTTER,* 1 tbsp., 8.7 gm.	
	PEAS,* dried, ½ cup, 7 gm.	
	Soybean coffee	
	Squash	
	Tomatoes	
	cWALNUTS,* 3 English, 2.7 gm.	

## PROTEIN REQUIREMENTS

Plan the three meals for the day, adding the number of grams of protein in all the servings for each individual. The grams should total about 40 to 60—a little less for a small person, a little more for a large person.

The best protein source for the child is milk—a quart a day. That, with what he gets from other foods, will insure an adequate supply. A quart of milk yields 35 grams of protein.

## BE SURE TO PROVIDE THE FOLLOWING DAILY:

- 1 serving fresh vegetables (for vitamins, minerals, roughage)
- 1 or 2 cooked vegetables (using the broth)
- 2 or 3 servings of fresh fruit (for vitamins, minerals, roughage, energy)
- 6 to 8 glasses of water. Very limited amount of desserts and sweets.



## CORN TAMALE LOAF

- |                |                 |
|----------------|-----------------|
| 1/4 cup oil    | 1 cup milk      |
| 2 onions       | 2 cups cornmeal |
| 1 can tomatoes | 3 eggs, beaten  |
| 1 can corn     | 1 teaspoon salt |

Brown the onions in the oil for 15 minutes. Add the tomatoes and corn and cook for 10 minutes. Stir in the milk, cornmeal, beaten eggs and seasoning. Cook for a few minutes. Keep mixture stirred to prevent sticking. Place in oiled pan to bake until set. Serve with sauce. Ripe olives may be added if desired. Serves 8.

MRS. ANNA VAN AUSGLE.

## TOMATO ROAST

- |   |                               |
|---|-------------------------------|
| 2 cans tomato soup                        | 1 1/2 teaspoons dried parsley |
| 6 Shredded Wheat biscuits                 | 2 1/2 cups milk               |
| 1 large or 2 small fried or boiled onions | 1 or 2 eggs, if desired       |
|   | Salt                          |
|   | Dash of sage and thyme        |

Mix all ingredients and bake in oven until hot and eggs are done.

MRS. RUTH COOPRIDER.

## MUSHROOM TIMBALES

- |                              |                 |
|------------------------------|-----------------|
| 3 cans chopped mushrooms     | 2 grated onions |
| 6 eggs                       | Salt            |
| 1 quart cooked rice, natural | Flour           |

Drain the liquid from 2 cans of mushrooms. Save the liquid. Mix 2 cans of mushrooms with the rice, one grated onion and the beaten eggs. Put in molds and bake. Make a sauce by thickening the liquid from the mushrooms and adding the other can of mushrooms and the other grated onion. Season with Vegex.

MRS. F. W. SHEARER.

## OLIVE FELLETS

- |                             |                             |
|-----------------------------|-----------------------------|
| 2 dozen chopped ripe olives | 1/2 cup milk                |
| 2 tablespoons onion         | 2 tablespoons browned flour |
| 2 tablespoons parsley       | Salt to taste               |
| Sage                        | 1 tablespoon shortening     |

Put shortening into sauce pan, add onion and parsley and let simmer a few minutes. Add flour, chopped olives, and stir together; then add milk and mix smooth. Put between slices of bread and cover with cream tomato sauce and bake until brown.

MRS. D. A. HART.

## MUSHROOM DRESSING

- |                       |                            |
|-----------------------|----------------------------|
| 1/4 cups bread crumbs | 1 cup hot water            |
| 3 tablespoons butter  | 1/4 tablespoon sage        |
| 1 egg                 | 3/4 cup chopped mushrooms  |
| 1 teaspoon salt       | 1/2 tablespoon onion juice |

Pour hot water over the bread crumbs and add butter, salt, onion juice and sage. Beat egg and stir into the other ingredients. Add mushrooms and bake in a moderate oven.

LOMA LINDA FOODS.

## CARROT CUTLETS

- |                             |  |
|-----------------------------|--|
| 1 cup boiled mashed carrots | 1/2 cup white sauce                    |
| 2 cups boiled rice          | 2 eggs, well beaten                    |
| 1/4 cup minced raw onions   | 1 cup bread crumbs (more if necessary) |
|                             | Salt and butter to taste               |

Combine the carrots, onions, rice, one egg and white sauce. Season. Shape into cakes. Dip into crumbs, egg and crumbs again. Fry until delicately browned on both sides.

ELEANOR WENTWORTH.

## SOY BEAN ROAST

- |                      |                      |
|----------------------|----------------------|
| 1 1/2 cups carrots   | 1/2 cup tomato juice |
| 1 1/2 cups soy beans | 2 eggs               |
| 1 cup bread crumbs   | 1 onion              |
| 1 1/2 cups beets     | Sage                 |
| 1/2 cup shortening   | Salt to taste        |

Mix ingredients together. If too dry add more tomato juice or vegetable broth. Should be quite moist. Bake for 45 minutes.

MRS. MOLLY VAN AUSGLE.

## SOY BEANS, SOUTHERN STYLE

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 cup Loma Linda Soy Beans      | 2 tablespoons cottage cheese  |
| 1 cup corn, canned or fresh     | 1 teaspoon salt               |
| 1 cup tomatoes, canned or fresh | 1/4 cup buttered bread crumbs |

Put alternate layers of beans, corn, cheese and drained tomatoes into a greased baking dish. Mix the salt with the juice drained from the tomatoes and pour over the mixture. Cover with the buttered bread crumbs and bake in a moderately hot (350°-400° F.) oven for 30 minutes or until the crumbs brown. Serves 4.

LOMA LINDA FOODS.

## SOY BEAN MEAT

- |                       |                       |
|-----------------------|-----------------------|
| 1 1/2 cups soy beans  | 2 teaspoons salt      |
| 1/4 cup peanut butter | 1 teaspoon cornstarch |
| 1/2 cup cold water    |                       |

Soak the beans overnight. In the morning drain off the water. Grind the beans through a food chopper using the nut butter disk. Mix the beans with the remaining ingredients. Put into a tin can, cover and steam or boil in a kettle for 3 hours. This may be sliced and broiled and served with jelly or gravy or baked in tomato juice.

MRS. L. E. ESTEB, MRS. HAROLD REITH.

## SAVORY LIMA BEANS

- |                              |                                       |
|------------------------------|---------------------------------------|
| 2 1/2 cups cooked lima beans | 3 tablespoons green pepper, minced    |
| 2 tablespoons minced onion   | 1 cup tomato sauce or strained tomato |
| 1 tablespoon oil or butter   |                                       |

Heat oil, add onion and green pepper. Cook over moderate heat for 5 minutes. Add tomato sauce and cook for 5 minutes. Add lima beans and simmer over a low fire until thoroughly heated.

EVELYN DEGERING-VULLIET.

## MOCK CHICKEN POTPIE

- |                           |                     |
|---------------------------|---------------------|
| 2 cups sour cream         | 4 tablespoons flour |
| 1 diced onion, small      | 1/2 teaspoon sage   |
| 3 eggs                    | 1 teaspoon Vegex    |
| 6 cups diced raw potatoes | Salt to taste       |
| 2/3 cup mushrooms         |                     |

Boil potatoes in salted water until tender. Drain and save potato water. Boil sour cream until it separates and browns, add onion, then eggs and Vegex. Stir vigorously. Add flour, sage and potato water. Make consistency of thick gravy by adding more water if necessary. Pour over potatoes and mushrooms in baking dish. Cover with biscuit pastry and bake in a hot oven.

EMMA JOHNSON.

## BAKED NAVY BEANS

Pour equal parts of cream and tomato juice over beans to bake. Bake as usual.

MRS. JIM HALE.



## SOY BEAN LOAF

- |                         |                    |
|-------------------------|--------------------|
| 2 cups soy beans        | 1/2 teaspoon thyme |
| 3 teaspoons salt        | 1 teaspoon sugar   |
| 1 cup strained tomatoes | 1 tablespoon oil   |
| 2 bay leaves            | 1 egg, if desired  |
| 1 onion                 |                    |

Soak the beans overnight. In the morning drain the beans and grind them thoroughly through a food chopper, using the nut butter disk. Put the strained tomato, bay leaf, sliced onion, and thyme into a saucepan and boil until reduced one half. Rub through a colander. Add this to the ground beans, also add the salt, sugar and oil. Put into cans, cover and steam or boil for 3 hours. This may be eaten cold or broiled or used for sandwich filling. If you desire to cut the loaf add 1/2 cup flour to the recipe.

MRS. ROSE GUSTAFSON.

## BREAD-NUT LOAF

- |                      |               |
|----------------------|---------------|
| 1/2 loaf white bread | Salt to taste |
| 1 green pepper       | 1 cup walnuts |
| 1 or 2 sprigs celery | 1/4 cup oil   |
| Sage                 | 2 eggs        |
| 1/2 onion            |               |

Let oil get hot, add peppers, chopped bread, onion and celery. Cook a few minutes, remove from fire, and add rest of ingredients. Bake in a moderate oven.

MRS. GWYNNE DALRYMPLE.

## VEGETABLE CUTLETS

- |                           |  |
|---------------------------|--|
| 2 tablespoons onion, fine | 1/4 cup vegetable liquid                 |
| 2 tablespoons hot fat     | 2 cups cooked or canned mixed vegetables |
| 6 tablespoons flour       | 1 cup cooked macaroni, chopped           |
| 1 1/2 teaspoons salt      |  |
| 3/4 cup evaporated milk   |  |

Cook the onion in the fat until tender. Blend in the flour and salt. Gradually stir in the milk diluted with the vegetable liquid. Boil 1 minute, stirring constantly. Add the cooked or canned mixed vegetables cut in small pieces and the cooked and chopped macaroni. Pour into shallow, greased pan, having mixture an inch thick. Chill until firm. Cut into oblongs 1 1/2 inches wide and 3 inches long. Roll in 1 cup of fine, dry bread crumbs. Dip in 1/2 cup of evaporated milk. Roll again in remaining crumbs. Fry in 1/4 inch of hot fat about 10 minutes or until brown on both sides. Such vegetables as carrots, green beans, peas, potatoes, lima beans, corn, etc. are delicious in these cutlets. Serves 6.

LOELDENE TUPPER-HORNING.

## MOCK MEAT LOAF

- |                         |                          |
|-------------------------|--------------------------|
| 1 1/2 cups soaked bread | 1/2 bay leaf             |
| 1 teaspoon salt         | 1/2 can sliced tomatoes  |
| 1 teaspoon sage         | 3 tablespoons cornstarch |
| 2/3 cup peanut butter   | 1 egg                    |
| 1 small onion           |                          |

Mix ingredients together. Steam in a double boiler 4 hours. Let stand until cool. Eat cold, or slice and fry.

MRS. CHARLES TREFZ.

## VEGETABLE ROAST

- |                                      |  |
|--------------------------------------|--|
| 3-4 slices dry brown toast           | 1/2 cup nut meats or 1/4 cup peanut butter |
| 1 medium onion                       | 1 cup tomato juice                         |
| 1 medium potato, raw or cooked       | 1 cup oatmeal cereal                       |
| 1 cup ground carrots                 | 3-4 tablespoons melted butter              |
| 2 cups cooked lentils or brown beans | Salt to taste                              |
|                                      | Sage or thyme                              |

2-3 eggs

Grind the toast. Grind onion, potatoes, carrots and legumes. Stir all ingredients together until thoroughly mixed and steam in a greased double boiler for about 1 1/2 hours.

MRS. JOSEPH O. VENDEN.

## NUT AND POTATO ROAST

- |                         |                          |
|-------------------------|--------------------------|
| 1 large potato, raw     | 1 small onion            |
| 1 cup walnuts           | 1 cup hot water          |
| 1 1/2 cups bread crumbs | 2 cups strained tomatoes |
| 2 tablespoons butter    | 2 eggs                   |

Grate potato and onion and combine with other ingredients. Bake in a moderate oven.

ALTON WHEELER, MRS. C. N. TILLMAN.

## LENTIL PATTIES

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 cup cooked lentils              | 1/2 teaspoon salt        |
| 2 cups dry bread, soaked in water | Flavor with onion        |
| 3 eggs                            | 1 teaspoon sage          |
|                                   | 1/4 teaspoon celery salt |

Mix well, form into patties, fry in hot oil or shortening until crisp and brown.

MRS. L. T. HAGLE.

## VEGETARIAN FISH BALLS

- |                               |                            |
|-------------------------------|----------------------------|
| 1 cup Nut Meat or Savory Loaf | 1 cup cold mashed potatoes |
| 1 cup thick corn meal mush    | 1 egg                      |
| 1 teaspoon salt               | 1/2 teaspoon mace          |

Mix all ingredients thoroughly and form into balls. Dip into beaten egg and bread crumbs, and fry in deep fat. Serve with tartar sauce.

MABEL HARRIS.

## LENTIL HEAD CHEESE

- |                      |                  |
|----------------------|------------------|
| 1 cup mashed lentils | 1 teaspoon sage  |
| 1/2 cup thick cream  | 1 teaspoon salt  |
| 1 cup bread crumbs   | 1 tablespoon fat |
| 3 eggs               |                  |

Add cream to bread crumbs and mashed lentils. Let stand for a few minutes. Then add yolks of eggs and seasoning. Add beaten egg whites. Steam 2 or 3 hours.

MRS. C. N. TILLMAN.

## TOMATO SAVORY LOAF

- |                                 |                        |
|---------------------------------|------------------------|
| 1 pound can tomatoes (strained) | 1 teaspoon celery salt |
| 1 box crushed Uneda biscuits    | 2 beaten eggs          |
| 1 medium onion (grated)         | Sour cream             |
| 1 medium bell pepper (grated)   | Paprika                |
|                                 | Salt                   |

Mix ingredients thoroughly and place in baking dish. Cover the top with sour cream, sprinkle with paprika and bake 45 minutes in moderate oven.

FLORENCE KELLER.



## CHINESE CHOP SUEY

- |                                  |                         |
|----------------------------------|-------------------------|
| 1 cup coarsely chopped mushrooms | Soy bean sauce to taste |
| 1 cup chopped celery             | 2 tablespoons oil       |
| 1 cup bean sprouts               | 1 teaspoon butter       |
| 1 cup chopped cabbage            | 4 eggs                  |
|                                  | $\frac{1}{2}$ cup milk  |

Cook mushrooms and other vegetables 10 minutes. Beat the eggs and milk together. Add to the vegetables and let simmer over a slow fire, turning over carefully with pancake turner. Add Chinese bean sauce to taste and cook slowly for a few minutes.

MRS. G. W. MILLER.

## RICE AND CARROT CUTLETS

- |                    |                                |
|--------------------|--------------------------------|
| 2 cups boiled rice | 1 tablespoon milk              |
| 1 tablespoon onion | $\frac{3}{4}$ cup bread crumbs |
| 1 teaspoon salt    | 1 cup cooked carrot pulp       |
| 5 tablespoons oil  | Parsley                        |
| 1 egg              |                                |

Add minced onion and salt to carrots and rice. Add unbeaten egg and milk and stir until well mixed. Shape into cutlets. Roll in bread crumbs, let stand five minutes. Put fat into frying pan and heat. Saute to golden brown. Arrange on hot platter and sprinkle with parsley. Serve with apple and current jelly or with baked apple.

MRS. G. W. BOWERS.

## SPINACH LOAF

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 2 cups milk                           | 2 cups spinach pulp           |
| 4 tablespoons butter                  | $1\frac{1}{2}$ teaspoons salt |
| 4 eggs                                | 1 teaspoon grated onion       |
| $1\frac{1}{2}$ cups fine bread crumbs | 1 tablespoon lemon juice      |

Scald milk and add bread crumbs, butter, and salt and blend well. Add slightly beaten eggs. Combine with well-drained, finely chopped spinach to which onion and lemon juice have been added. Fill greased mold and place in hot water. Bake in moderate oven for 40 to 45 minutes, or until a knife comes clean from center. Serve with hot asparagus tips, or carrots and cheese sauce.

MRS. O. H. ALMANDINGER.

## CELERY ROAST

- |  |                            |
|--|----------------------------|
| $\frac{1}{4}$ cup toasted bread crumbs | 2 eggs                     |
| $\frac{1}{2}$ cup strained tomatoes    | 1 tablespoon grated cheese |
| $\frac{3}{4}$ cup ground walnuts       | 1 teaspoon salt            |
| 1 cup chopped or ground celery         | 2 tablespoons grated onion |
|  | 1 tablespoon butter        |

Mix ingredients well and bake for 40 minutes in a moderate oven.

MRS. R. T. EMERY.

## CARROT LOAF

- |                         |                                   |
|-------------------------|-----------------------------------|
| 2 cups ground carrots   | $1\frac{1}{2}$ tablespoons butter |
| 1 cup ground walnuts    | 3 beaten eggs                     |
| 1 cup strained tomatoes | 1 cup dry bread crumbs            |
| 1 minced onion          |                                   |

Mix all ingredients together and bake for one hour.

MRS. R. G. SCHAFFNER.

## WALNUT TIMBALES

- |                          |                                |
|--------------------------|--------------------------------|
| 4 cups diced stale bread | 2 tablespoons chopped onion    |
| 2 eggs, beaten           | Sage                           |
| 2 cups milk              | $\frac{3}{4}$ cup tomato juice |
| 2 tablespoons fat or oil | 1 cup walnuts, ground          |

Mix eggs and milk and pour over diced bread. Let stand for 20 minutes. Heat the fat in a pan and simmer the onions, but do not brown. Add the sage and tomato juice. Bring to a boil. Mix all the ingredients together, put in muffin tins and bake until set. Serve with mushroom sauce.

MRS. ERNEST BOOTH.

## PORTLAND TIMBERS

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| $\frac{3}{4}$ pound Protose        | $\frac{1}{4}$ teaspoon celery salt    |
| $1\frac{1}{2}$ cups cracker crumbs | $\frac{1}{2}$ teaspoon mace           |
| 2 eggs, separated                  | $\frac{1}{2}$ teaspoon Liquid Smoke   |
| 1 cup cream                        | $2\frac{1}{2}$ teaspoons red coloring |

Cream Protose, add a little salt and spices. Add egg yolks to cream with Smoke and coloring. Mix with crackers and Protose. Salt to taste, fold in beaten egg whites. Press into round can and steam for 2 hours.

MRS. JULIUS RIFFEL.

## VEGETARIAN POT ROAST

- |                             |                                 |
|-----------------------------|---------------------------------|
| 4 cups diced stale bread    | 2 eggs                          |
| 2 cups hot milk             | 2 cups brown beans (or lentils) |
| 2 tablespoons vegetable fat | 4 tablespoons flour             |
| 4 tablespoons chopped onion | Salt to taste                   |
| $\frac{1}{2}$ teaspoon sage | 1 cup coarse walnut meats       |

Put the onion and the fat into small saucepan and let simmer over the fire for a few minutes. Add  $\frac{1}{2}$  teaspoon salt and the milk. Bring to boil and pour over diced bread. Sift flour into pan and stir over fire until light brown. Add chopped nuts and continue stirring until they are warmed through but not browned. Beat eggs and add to first mixture. Add browned flour and nuts; mix well. Have the beans drained and mashed finely and blend with the above mixture. Salt to taste and pack in a well-oiled bread tin and bake until brown. Serve with cranberry sauce or baked apple.

FRANCES FOWLER-PETERS.

## NUT AND CELERY ROAST

- |                          |                     |
|--------------------------|---------------------|
| 2 eggs                   | 1 teaspoon salt     |
| $1\frac{1}{2}$ cups milk | 1 tablespoon onion  |
| $\frac{3}{4}$ cup nuts   | 1 tablespoon butter |
| 1 cup chopped celery     | 2 cups bread crumbs |

Beat eggs, add milk, butter, chopped nuts, salt, bread crumbs and celery. Let stand 20 minutes before baking. Bake 30 minutes.

MRS. D. A. HART.

## NUT TURKEY ROAST

- |                              |   |
|------------------------------|---|
| 2 cups lentil pulp           | $\frac{1}{2}$ cup granola                 |
| 1 cup strained tomatoes      | 1 beaten egg                              |
| 1 cup walnut meats, chopped  | 1 bunch celery or season with celery salt |
| $\frac{1}{2}$ cup nut butter | $\frac{1}{2}$ onion, chopped fine         |
|                              | Sage and salt to taste                    |

Mix ingredients, season to taste and bake until set. If mixture is too thin, use more granola, but be careful to let granola swell before baking. Roast may be sliced cold, or sliced and fried. May be served with tomato sauce.

MRS. W. A. GOSMER.



## ROAST

- |   |                     |
|---|---------------------|
| 1 cup lima beans (measure before cooking) | 1 cup cooking oil   |
| 1 cup lentils (measure before cooking)    | 4 eggs              |
| 1 cup ground onions                       | 1 small loaf bread  |
| 1 cup chopped walnuts                     | 3 cups tomato juice |
|   | Salt                |
|   | VegeX               |

Have beans and lentils cooked. Mix and bake for 1 hour. Note:  $\frac{1}{4}$  of this recipe will serve 4 to 6 persons.

MRS. HENRY REPP, *Club of Little Gardens.*

## GRAPE-NUT ROAST

- |                                |                      |
|--------------------------------|----------------------|
| $1\frac{1}{2}$ cups Grape-Nuts | 1 teaspoon salt      |
| $1\frac{1}{2}$ cups milk       | 2 eggs               |
| 2 tablespoons butter           | 1 teaspoon onion     |
| $\frac{3}{4}$ cup ground nuts  | 1 cup chopped celery |

Mix together and bake in a moderate oven for 45 minutes.

MRS. G. M. PRICE.

## RICE AND PEANUT LOAF

- |                         |                       |
|-------------------------|-----------------------|
| 1 cup cooked rice       | 1 cup crushed peanuts |
| 1 egg                   | 1 cup cottage cheese  |
| 2 tablespoons cut onion | 1 tablespoon fat      |
| 1 teaspoon salt         |                       |

Combine all ingredients. Bake in a loaf pan at 350° F. for 30 minutes. Serves 6.

MARGARET GREEN.

## GRANOLA-NUT LOAF

- |               |                                 |
|---------------|---------------------------------|
| 1 cup granola | $\frac{1}{2}$ cup peanut butter |
| Milk          | 1 tablespoon butter             |
| 1 egg         | Salt and sage to taste          |

Soak granola in enough milk to make the consistency of pancake batter. Mix in other ingredients. Cook in double boiler for 3 hours.

MRS. J. H. MEIER.

## RICE PATTIES

- |                                  |               |
|----------------------------------|---------------|
| 2 cups soft boiled rice          | 1 onion       |
| 4 broken Shredded Wheat biscuits | Salt          |
| 3 eggs, beaten light             | Sage          |
| 1 cup nut meats, cut fine        | Milk or water |

Mix rice and Shredded Wheat. Add the other ingredients. Mix well. Add milk or water and make into patties and fry.

MRS. GWYNNE DALRYMPLE.

## POTATO ROAST

- |                          |                      |
|--------------------------|----------------------|
| 2 large potatoes, ground | 4 eggs               |
| 2 cups nuts              | 2 tablespoons butter |
| 2 cups bread crumbs      | 1 onion              |
| 2 cups boiling water     | A little sage        |
| 3 bay leaves             |                      |

Pour boiling water over the bay leaves. Mix all ingredients together and form into a loaf or patties to bake. Bake 1 hour at 350° to 400° F.

MRS. GEORGE KRETSCHMAR.

## HOME MADE NUTOSE

- |                                 |                            |
|---------------------------------|----------------------------|
| $\frac{3}{4}$ cup peanut butter | 1 cup toasted bread crumbs |
| 4 teaspoons ground onion        | 1 teaspoon sage            |
| 2 teaspoons oil                 | 1 teaspoon salt            |

Mix peanut butter with warm water until like whipped cream. Cook onions in oil until soft. Moisten crumbs with water; add other ingredients and mix. Turn into double boiler and steam 2 to 3 hours.

MRS. HAROLD REITH.

## PROTOSE

- |  |                          |
|--|--------------------------|
| 1 cup flour, browned to a golden brown | 2 cups peanut butter     |
| 1 cup water                            | 3 cups strained tomatoes |
| 1 teaspoon salt                        | Chopped onion            |

Work butter and water together, add flour and tomato juice alternately. Add salt and onion. Steam in double boiler for 5 $\frac{1}{2}$  hours. Let cool and turn out onto plate. Slice and serve cold or fry and serve with tomato sauce or any other gravy.

MRS. FRANK SIRES.

## TOMATO CHEESE

- |                                 |                              |
|---------------------------------|------------------------------|
| $\frac{1}{2}$ cup peanut butter | $\frac{3}{4}$ cup cornstarch |
| 1 cup strained tomatoes         | 1 large onion, chopped fine  |
| 1 cup cereal coffee or Postum   | Salt to taste                |
|                                 | Sage or celery salt          |

Add cornstarch to hot liquids, mix in other ingredients. Cook in a double boiler for 2 $\frac{1}{2}$  hours. Serve either hot or cold.

MRS. W. F. MOHR.

## SOY CHEESE LOAF

- |                                |                                  |
|--------------------------------|----------------------------------|
| $\frac{3}{4}$ pound soy cheese | 5 hard-boiled egg yolks (pureed) |
| 3 teaspoons mayonnaise         | Salt to taste                    |
| 3 teaspoons lemon juice        | Dash of Smoleln if desired       |
| 1 teaspoon Vegex or Savita     |                                  |

Mix ingredients and bake in a moderate oven until a nice brown.

MRS. E. LITTLER.

## NUT MEAT

- |                     |                         |
|---------------------|-------------------------|
| 2 cups gluten       | $\frac{1}{2}$ cup water |
| 1 cup peanut butter | 2 teaspoons salt        |

Add water and salt to the butter, mix in the gluten. Put into cans and steam 3 hours.

MRS. GEORGE E. COMFORT.

## LENTIL BRAZIL NUT LOAF

- |   |  |
|---|--|
| 3 cups dry bread crumbs                                     | 2 cups hot water or broth from lentils |
| 3 cups mashed lentils ( $1\frac{1}{2}$ cups before cooking) | $\frac{1}{2}$ cup cream (about)        |
| $1\frac{1}{2}$ cups ground brazil nuts                      | Salt                                   |

Mix all ingredients together except the cream. Use more or less water according to the dryness or fineness of bread crumbs. Mold into loaf pan and cover top with cream. Bake in moderate oven until thoroughly heated through. Set in pan of hot water, cover and bake 1 hour or more. The last fifteen minutes remove from water, uncover and finish baking. The success of this roast depends a great deal in the baking.

LIDA BURROWS.



## RAVIOLI

## Filling

- |  |                              |
|--|------------------------------|
| 1 1/2 large onions                               | 1/2 teaspoon salt            |
| 1/4 bunch parsley (ground)                       | 6 eggs                       |
| 1/2 cup olive oil (scant)                        | 2/3 cup toasted bread crumbs |
| 1 large size can of spinach (drained and ground) | 1/4 pound cheese (grated)    |

Fry onions and parsley in olive oil until dry and light brown. Cool and add other ingredients. Put into covered dish and place in refrigerator for 3 hours.

## Sauce

- |                             |   |
|-----------------------------|---|
| 1 1/2 large onions          | 1 quart water   |
| 1/4 bunch parsley (chopped) | 1 4-ounce can of mushroom buttons sliced (add liquid) |
| 1/2 cup olive oil           |   |
| 1 1/2 cans tomato paste     | 15 cents worth of dry Italian mushrooms               |
| 1/4 tablespoon salt         |   |

Boil ingredients for three hours adding a little more water if necessary.

## Dough

- |                   |                   |
|-------------------|-------------------|
| 2 1/4 cups flour  | 1/4 teaspoon salt |
| 1 egg             | Water             |
| 1/4 cup olive oil |                   |

Mix well and roll very thin. Spread filling on 1/2 of rolled out dough and cover same with the other half of dough. Mark off in squares about 1 1/2 inches with wood ruler (use broad edge). Also seal outside edges in same way. Be sure that all the marks are made clear through so they will hold together when cooking. Cut them with ravioli cutter, and drop into boiling salt water. Boil gently for 15 minutes. Skim out with a sieve and place on platter. Cover with sauce and sprinkle with grated cheese.

Mrs. RAYMOND OWENS.

## BREAD DRESSING

- |                                |                         |
|--------------------------------|-------------------------|
| 1/2 loaf white bread           | 1 1/2 tablespoons Vegex |
| 1 medium sized onion           | 2 eggs                  |
| 1 teaspoon sage                | 2 tablespoons butter    |
| 1/2 teaspoon poultry seasoning | Salt                    |
|                                | 3 cups water            |

Slice bread and dry in oven—not brown. Roll bread fine, and moisten with 1 cup water. Add grated onion, seasoning and beaten eggs. Boil 2 cups water and Vegex. Add butter. Pour some of the broth into baking dish. Place dressing in the broth. Make a shallow place in the center and pour over remainder of broth. Cover and bake at 375° F. for 35-40 minutes.

LIDA BURROWS.

## GLUTEN HAMBURGERS

- |                      |                                       |
|----------------------|---------------------------------------|
| Gluten steaks        | 1 tablespoon Vegex                    |
| 1 cup sour cream     | 3 cups water (potato water preferred) |
| 1 onion              | Salt                                  |
| 1/2 cup tomato juice |                                       |

Put cream in pan and cook until curd and fat separate. Continue to cook, stirring carefully until curd is light golden-brown. Mince onion in fat and cook until tender but not very brown. Put water over browned cream. Add onion, tomato juice, Vegex, and salt to taste. Boil for ten minutes. Add as many gluten steaks as broth will cover and simmer for 1 hour. It is delicious served between hot rolls or made into sandwiches to take on picnics using both the gravy and steak for filling.

LIDA BURROWS.

## VEGETABLE GOOSE

- |                                  |                                |
|----------------------------------|--------------------------------|
| 2 cups lentil, bean or pea puree | 2 teaspoons celery salt        |
| 2 eggs                           | 2 teaspoons sage               |
| 1/2 cup toasted bread crumbs     | 1 cup strained tomatoes        |
| 1/2 cup browned flour            | 1 cup nut meal or chopped nuts |
| 1/4 cup cream                    | 1 medium onion, chopped fine   |
|                                  | 1 teaspoon salt                |

Bake in a hot oven for 20 to 30 minutes.

Mrs. S. C. SAXBY.

## MOCK CHICKEN

- |                       |                               |
|-----------------------|-------------------------------|
| 1 1/2 tablespoons fat | 1 cup cooked tomatoes         |
| 4 tablespoons flour   | Salt to taste                 |
| 4 eggs                | Sage                          |
| 1/2 cup milk          | 1 large onion, finely chopped |

Fry the onion, 2 egg whites and flour until real brown. The success of the recipe depends on getting this brown enough. Cook with constant stirring until it all but burns. Add the 2 egg yolks and the 2 remaining eggs and the milk. Cook until it thickens in the frying pan then add the salt, sage and tomatoes. This is good for sandwiches.

Mrs. D. R. NICHOLS.

## MOCK CHICKEN DRUM STICKS

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1/2 cup mashed potatoes           | 1 teaspoon sage         |
| 2/3 cup bread crumbs              | 1/2 cup chopped walnuts |
| 1 hard-cooked egg, finely chopped | 1 egg, beaten           |
| 3/4 cup onion                     | 1 cup boiled rice       |
| Butter                            | Salt to taste           |

Brown the onions in butter with the sage. Mix ingredients together thoroughly. Shape into chicken legs, using macaroni as the bone. Roll in bread crumbs and egg and fry in deep fat or in a skillet.

DOROTHY LITCHENWALTER.

## MOCK CHICKEN POT PIE

- |                      |                              |
|----------------------|------------------------------|
| 1/2 cup potatoes     | 1 cup hard boiled egg, diced |
| 1/2 cup carrots      | 3 tablespoons shortening     |
| 1/2 cup onions       | 1 tablespoon flour           |
| 1/2 cup cabbage      | 1 cup tomato sauce or juice  |
| 1 cup diced nut meat | Salt                         |

Cook potatoes, carrots, onions and cabbage until almost tender. Drain off broth but save to use later. Add to the vegetables the nut meat and eggs and salt. Line the baking dish with pastry. Put in the vegetable mixture. Make a thin gravy of the shortening, flour, broth and tomato sauce. Turn into the vegetables. Top it with little round biscuits made from the pastry. Have enough broth to cover. Bake.

Mrs. WM. NEHRING.

## PICNIC CASSEROLE

- |                     |                             |
|---------------------|-----------------------------|
| 1 package noodles   | 3 hard boiled eggs, chopped |
| 1 can mushroom soup | Butter                      |
| Milk                | Pimiento, if desired        |

Cook noodles until tender in salted water. Add mushroom soup, milk (enough to mix well), eggs and pimiento. Salt to taste and add large piece of butter. Cover with bread crumbs and bake in moderate oven 350° F. for 1 hour. White sauce may be added with mushrooms if soup is not at hand or more mushrooms may be added even if soup is used. A teaspoon of Vegex adds to the flavor.

MYRTLE WALKER.



## RICH NOODLE DISH

- |                     |                      |
|---------------------|----------------------|
| 1 package noodles   | 2 dozen ripe olives  |
| 1 can mushroom soup | 3-6 hard boiled eggs |
| 1 onion, fried      | 1/4 pound cheese     |
| 2 cups tomato juice | Bread crumbs         |

Cook noodles in salted water, drain and combine with the other ingredients. Cover with bread crumbs and bake in a moderate oven.

MRS. LLOYD GRUNKE.

## NOODLE RING

- |                       |                          |
|-----------------------|--------------------------|
| 1 package egg noodles | 1 cup grated cheese      |
| 4 eggs, separated     | 1 cup milk               |
| Salt to taste         | Creamed carrots and peas |
| 1 teaspoon water      |                          |

Cook the noodles in boiling water until tender. Drain and let cool. Beat the egg yolks, add salt and water. Mix well and add to the cooled noodles. Add grated cheese and milk and mix well. Fold in the stiffly beaten egg whites last. Pour mixture into buttered ring mold and set in a pan with about an inch of hot water in bottom. Bake at 275° F. for 40 minutes or until done. Turn out on a large plate and fill center with creamed mixture of peas and carrots. Serve at once.

MRS. W. F. MARTIN.

## CHOW MEIN

- |                      |                              |
|----------------------|------------------------------|
| 1 can soy cheese     | 1 can bean sprouts, or fresh |
| 1 onion, sliced      | 1 teaspoon Vegex             |
| 1 cup diced potatoes | 2 hard boiled eggs, chopped  |
| 1 cup diced celery   | 1/2 cup tomato juice         |
|                      | Salt to taste                |

Cut the soy cheese in cubes and brown in butter. Brown the onion. Boil potatoes, celery and onion together. When done add other ingredients and cook slowly for 10 minutes. Add enough water to make 1 1/2 cups sauce, thicken with browned flour and add 1 teaspoon soy sauce. Pour over noodles or rice that has been browned in 2 tablespoons vegetable oil.

MRS. R. L. COLLINS.

## VEGETABLE-CARONI

- |                       |                      |
|-----------------------|----------------------|
| 1 cup fine macaroni   | 1 medium onion       |
| 1/3 cup diced carrots | 2 tablespoons butter |
| 1/3 cup diced celery  | 3 cups tomato juice  |

Cook one cup macaroni until tender. Smother the onion in butter. Add the tomato juice and thicken slightly. Combine drained macaroni with the sauce and diced vegetables. Place in a baking dish and bake until celery and carrots are done.

MRS. G. W. BOWERS.

## ORIGINAL BRINGLE ITALIAN RICE

- |                           |                            |
|---------------------------|----------------------------|
| 2 peppers, finely chopped | 1 small can mushrooms      |
| 5 carrots, finely chopped | 1 quart tomato puree       |
| 3 large onions, chopped   | Cooked rice for 6 servings |
| 3 stalks celery, chopped  |                            |

Fry peppers, onion, carrots, celery, and mushrooms until a golden brown. Pour tomato puree over this. Season with salt. Simmer for 1/2 hour or more. Put a generous serving of this sauce over each individual serving of cooked rice.

MRS. ALVAH BRINGLE.

## NOODLES

- |                     |                   |
|---------------------|-------------------|
| 1 egg               | 1/2 teaspoon salt |
| 1 cup flour (about) |                   |

Add salt to egg; gradually add flour enough to make very stiff dough. Turn out on floured board, knead 3 to 5 minutes, then roll out in paper-thin sheet. Cover with towel and let stand about 20 minutes. Roll up dough like a jelly roll, cut in 1/4 inch strips, unroll and spread out each strip; dry thoroughly. Approximate yield: 2 cups cut noodles.

MRS. THEODORE MONROE

## NEW MACARONI AND CHEESE

- |                       |                           |
|-----------------------|---------------------------|
| 1 cup ground macaroni | 1 tablespoon minced onion |
| 1 1/2 cups milk       | 1 cup cracker crumbs      |
| 2 eggs                | Salt                      |
| 1 cup grated cheese   |                           |

Grind dry macaroni with fine knife of food chopper. Measure. Cook in boiling salted water until done. Drain and wash. Beat eggs slightly—add milk and seasoning. To this add cooked macaroni and bread crumbs. Bake in greased casserole, 350°-375° F. for 30-40 minutes.

MRS. HAZEL PETERSON.

## CHEESE VEGETABLE RING

- |                        |                         |
|------------------------|-------------------------|
| 4 small Italian squash | 1 can mushroom soup     |
| 1 pound spinach        | 1 teaspoon salt         |
| 4 eggs                 | 1/2 pound yellow cheese |

Slice the squash and cook about 10 minutes. Cook spinach until tender. Beat eggs slightly, add the mushroom soup, spinach, squash and salt. Mix well, pour into a greased ring mold, and bake about 30 minutes until set. Turn out on a platter, cover ring with grated cheese, return to oven, turning off the heat. The center may be filled with creamed or buttered vegetables.

ALICE WENTWORTH.

## BAKED APPLE-MACARONI

- |                                    |               |
|------------------------------------|---------------|
| 2 cups macaroni (cooked half done) | 1/2 cup cream |
| 2 to 3 cups grated or sliced apple | 1/2 cup sugar |

Place macaroni and apples in alternate layers in baking dish. Add cream and sugar mixed together. Liquid should be sufficient to come to top of macaroni. Sprinkle with nutmeg. Bake until macaroni is tender.

MRS. W. F. MOHR.

## MOCK CHICKEN NOODLES

- |                     |                     |
|---------------------|---------------------|
| 1/2 cup sour cream  | 1 medium size onion |
| 1 teaspoon butter   | 4 whole egg yolks   |
| 2 cups potato water | Salt                |

Put cream in sauce pan and stir until separated and light golden brown. Add potato water, salt, onion and whole egg yolks. Simmer 1 hour. Onion may be simmered in fat but not browned or onion may be cooked whole in broth. Add noodles to broth and cook gently for 15 minutes.

LIDA BURROWS.



## ROLLS

- |                  |                          |
|------------------|--------------------------|
| 1 yeast cake     | 2 cups lukewarm milk     |
| 1/2 cup sugar    | 7 cups flour             |
| 2 teaspoons salt | 4 tablespoons shortening |
| 2 eggs           |                          |

Mix yeast cake, sugar, salt, and eggs very thoroughly; add milk and beat with egg beater until foamy. Add flour and shortening and knead well. Let rise until light. Roll out and cut with biscuit cutter. Let rise until light and bake at about 350° F. (Let rise about 2 or 2 1/2 hours the first time and about 2 hours the last time. Control rising by amount of heat.)

MYRTLE WALKER.

## LEMON BUNS

- |                        |                             |
|------------------------|-----------------------------|
| 1/2 cake dry yeast     | 2 tablespoons sugar         |
| 1/2 cup lukewarm water | 4 tablespoons melted butter |
| 1 cup hot water        | 1/2 teaspoon salt           |
| 2 eggs                 | Grated rind of 2 lemons     |

Dissolve yeast cake in warm water. Add the hot water to the sugar and salt. Allow to stand until lukewarm, then add dissolved yeast and 1 1/2 cups flour. Stir well and put in a warm place to stand overnight. In the morning add the melted butter, well beaten eggs, lemon rind and flour enough to knead. Knead lightly. Let rise until double in bulk and shape into buns. Let rise again until double and bake for 20 minutes in a hot oven.

MRS. L. T. HAGLE.

## ICE BOX ROLLS

- |                |                  |
|----------------|------------------|
| 1 yeast cake   | 2 eggs           |
| 1/2 cup sugar  | 2 teaspoons salt |
| 1/2 cup butter | 2 1/2 cups water |

Dissolve yeast in 1/2 cup cold water. To 1 cup of hot water add the butter, salt, sugar and when thoroughly cool add 1 cup cold water and the well beaten eggs. Stir in 8 or 9 cups flour. Knead. Shape into rolls. Put in greased pan and butter the top. Place in coldest part of ice box. Will keep a week in ice box. Let rise until double in bulk. Bake in a hot oven.

MRS. CLYDE SMITH.

## PARKER HOUSE ROLLS

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 cake compressed yeast         | 4 tablespoons butter or fat |
| 1 pint milk, scalded and cooled | 1 teaspoon salt             |
| 2 tablespoons sugar             | 3 pints sifted flour        |

Dissolve yeast and sugar in warm milk. Add melted fat and 1 cup flour. Beat smooth. Let rise 1 hour. Add rest of flour and salt. Knead well. Let rise for 1 1/2 hours or until double in bulk. Roll out 1/4 inch thick, brush with butter, cut and crease with knife and fold in half. Let rise 3/4 hour. Bake about 10 minutes in a hot oven.

DELPHA HARDY-LUNDEEN.

## CINNAMON YEAST ROLLS

Soften 1 yeast cake (compressed) in 1 cup lukewarm milk; add 1/4 cup sugar and 1 1/2 cups flour. When bubbly add 1 teaspoon salt, 2 beaten eggs, 1/4 cup melted shortening or oil and 1 1/2 cups flour. Knead and let rise until doubled. Roll to 1/4 inch thickness, spread with 3 tablespoons melted butter, sprinkle with 1 tablespoon cinnamon and 1/2 cup raisins. Roll like jelly roll, and cut in 1 1/2 inch slices. Place in greased pans. Let rise until double. Just before baking pour over them a caramel syrup, made as follows: Bring to boil 1/2 cup brown sugar, 1 tablespoon butter and 1/4 cup water. Bake in a moderate oven (350° F.) for 35 minutes. Makes 18 rolls.

MRS. C. J. MORRIS, MRS. CARL LANSING.

## BREAD

- |  |                     |
|--|---------------------|
| 1 cake dry yeast                       | 1 tablespoon sugar  |
| 1 medium potato                        | About 1 quart water |
| 1/2 tablespoon shortening (if desired) | Flour               |
|  | Salt                |

Grate or grind potato directly into the water. Boil until potato is done. Add sugar and allow mixture to cool. When lukewarm add the yeast. Keep at ordinary room temperature of 70° F. until next day. Beat in enough flour to make a stiff dough. Add salt. Put in greased warm bowl, cover and set to rise in a moderately warm place 80-88° F. until double in bulk. Knead down and let rise as before. Mold into loaves and put into greased pans. Let rise until double in bulk. Bake 1 hour in a hot oven, 400-425° F.

MRS. P. W. OCHS.

## WHOLE WHEAT BREAD

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 quart water (or milk)           | 3 tablespoons oil               |
| 2 to 3 yeast cakes (Fleischman's) | 1 tablespoon salt               |
| 2 tablespoons honey               | Flour, 100 per cent whole wheat |

Soften the yeast with a small amount (1/4 cup) lukewarm liquid. Add honey, salt, oil, and softened yeast to the rest of the liquid. Add enough whole wheat flour to make a stiff dough. Knead in white flour. Place dough in greased bowl, cover and set to rise until double in bulk or until indentation remains when tapped with finger. Knead down and let rise until about double in bulk the second time. Mold into loaves and let rise until indentation, when tapped with finger, comes out very slowly. Bake at 425° F. for 15 minutes, then lower to 300° F. for 45 minutes.

MRS. HAZEL PETERSON.

## OVEN TEMPERATURES FOR BAKING

Degrees Fahrenheit

Slow oven	250 — 350
Moderate oven	350 — 400
Quick or hot oven	400 — 450
Very hot oven	450 — 550

When two degrees of temperature or two periods of time are given, separated by a dash, (e. g. 350-375 or 40-50) it means that the temperature of the cooking medium or the length of the cooking period may range between these two extremes.

When the temperature figures are separated by the word "to" (e. g. 400 to 350) it means that cooking is to be started at the temperature first given and that the heat is afterward to be reduced to the second figure.



## BASIC WHITE BREAD AND ROLLS

- |                          |                    |
|--------------------------|--------------------|
| 2 cakes compressed yeast | 1½ tablespoons oil |
| 4 tablespoons sugar      | 8 cups flour       |
| 2½ cups lukewarm water   | 2½ teaspoons salt  |

Dissolve yeast cakes and sugar in water. Add fat or oil, flour, and salt and mix well. Knead smooth and let rise in a greased bowl until double in bulk. Divide into three pieces. Shape 1 piece in greased loaf pan 8½x4½x2½ inches. Cover and let rise until double in bulk. Bake in hot oven (425° F.) 15 minutes; reduce to moderate heat (375° F.) and bake 45 minutes. Make pan rolls and Cinnamon Whiligs from other two parts dough.

Mrs. CARL LANSING.

## PAN ROLLS

Form dough into 1½ inch balls. Place close together in greased pan. Cover, let rise to double in bulk and bake in a very hot oven (450° F.) 20 to 25 minutes. Makes 16 rolls.

Mrs. CARL LANSING.

## CINNAMON WHILIGIG

Roll dough into oblong ¼ inch thick. Sprinkle with mixture of sugar and cinnamon. Roll like jelly roll. Place in greased loaf pan 8½x4½x2½ inches. Cover and let rise until double in bulk. Bake in hot oven (425° F.) 15 minutes; reduce to moderate heat (375° F.) and bake 45 minutes. To serve, slice, butter and toast.

Mrs. CARL LANSING.

## WHOLE WHEAT ROLLS

- |                      |                            |
|----------------------|----------------------------|
| 2 cups milk or water | 1 cake compressed yeast    |
| 3 tablespoons oil    | ⅔ cup lukewarm water       |
| 4 tablespoons sugar  | 2 cups whole wheat flour   |
| 2 teaspoons salt     | 5 cups white flour (about) |

Add oil, sugar and salt to milk and heat to lukewarm. Add yeast softened in ½ cup warm water, whole wheat flour and enough white flour to make a dough that can be handled. Knead until smooth and elastic. Let rise until tripled. Knead down, shape, dip in oil and let rise until doubled and bake in a hot oven (425° F.) for 25 minutes. Makes 36 rolls about 2 inches in diameter or 2 loaves.

Mrs. RUTH COOPRIDER.

## APPLE ROLLS

Roll out bread dough, butter and sprinkle with sugar. Slice apples over it with more sugar and a little nutmeg. Roll as for cinnamon rolls. Let rise until double in bulk. Bake.

Mrs. C. W. CARR.

## YEAST CORN BREAD

- |                           |                    |
|---------------------------|--------------------|
| 1 cake compressed yeast   | 2 eggs (beaten)    |
| 2 cups milk, scalded      | 2½ cups cornmeal   |
| 2 tablespoons brown sugar | 1 cup sifted flour |
| 4 tablespoons shortening  | 1 teaspoon salt    |

Dissolve yeast and sugar in lukewarm milk. Add shortening, cornmeal, flour, eggs and salt. Beat well. Fill muffin pans or shallow pan about ¾ full. Set to rise in warm place, free from draft for about 1 hour. Bake 20 minutes. May be baked on a waffle iron.

Mrs. J. C. HAUSSLER.

## NUT BREAD

- |                     |                          |
|---------------------|--------------------------|
| 2 cups water        | 1 ounce yeast            |
| 2 cups milk         | ¼ cup molasses           |
| 2½ tablespoons salt | 6-7 cups white flour     |
| ⅓ cup fat           | 4 cups whole wheat flour |
| ½ cup sugar         | 1 pound nut meats        |

Scald milk and pour over the salt and sugar, cool to lukewarm with water and add yeast which has been dissolved in a little lukewarm water. Add white flour to make a batter. Mix until bubbles begin to form. Cover and let stand until light at temperature of 80° to 85° F. Mix down, add chopped nuts, melted fat, molasses, whole wheat and white flour. Mix to smooth elastic dough. Cover and let ferment at 85° F. Mix down, scale, recover 10 minutes, mold, pan and prove at 95° F. Yield: 3 two-pound loaves. Bake 400° F.

ARLIETA ROGERS.

## APPLESAUCE BREAD

- |                  |                     |
|------------------|---------------------|
| 1 cake yeast     | 2½ tablespoons salt |
| 1 quart water    | 2 cups applesauce   |
| ½ cup shortening | Whole wheat flour   |
| ⅓ cup sugar      |                     |

Water should be lukewarm, add yeast, salt, sugar, applesauce and flour to make stiff dough. Mix well; continue as for any bread. This bread stays moist much longer than ordinary bread and has a distinctive flavor.

Mrs. J. R. NEWCOMBE.

## SOY BEAN BREAD

- |                           |                              |
|---------------------------|------------------------------|
| 7 cups white flour        | 5 tablespoons sugar or honey |
| 3 cups soybean flour      | 1 cake yeast                 |
| 6 cups warm potato liquid | 4 tablespoons shortening     |
|                           | 4 teaspoons salt             |

Dissolve yeast and sugar in potato water. Use one medium potato to each loaf of bread. Cook the potato and run through a ricer. Mix well in bowl the flour, salt and shortening. Make a well in flour and add liquid mixture. Knead 10 minutes. Let rise in warm place until double in size. Knead down. Let rise again. Make into loaves. Let rise until double in size. Bake at 400° F.

Mrs. J. C. HAUSSLER.

## ALKALINE BREAD

- |                    |                    |
|--------------------|--------------------|
| ⅔ cup lima beans   | 1 tablespoon oil   |
| 1½ teaspoons salt  | 1 cake yeast       |
| 1 tablespoon sugar | 3 cups white flour |

Soak beans overnight and cook until dry and tender. Mash and make 1½ cups by adding water. When warm crumble yeast in it. Beat till dissolved and stir in remaining ingredients. Knead and allow to rise twice and mold into loaf and bake.

Mrs. L. T. HAGLE.

## A GERMAN RECIPE

Make a rich yeast dough for buns. Roll about ¼ inch to ½ inch thick and line a pie tin up half way on its sides so that the dough forms a cup shape. Fill to edge of dough with the following: Take some cottage cheese and moisten with cream or canned milk. Add enough sugar to make very sweet and pour into dough. Cover the top with cinnamon and dot with butter. Let rise; then bake quickly.

Mrs. E. O. JOHNSON



## QUICK BREADS

## RAISIN FILLED ROLLS

- |                          |                              |
|--------------------------|------------------------------|
| 2 cups milk              | 2 eggs or 4 yolks            |
| $\frac{3}{4}$ cup sugar  | 1 teaspoon grated lemon rind |
| $\frac{1}{2}$ cup butter | 1 teaspoon salt              |
| 2 cakes compressed yeast | $6\frac{1}{2}$ -7 cups flour |

Scald milk, when lukewarm add dissolved yeast, butter and sugar. Add other ingredients. Beat eggs before adding. Add four cups flour and beat. Let rise. Add more flour to make stiff dough. Knead and let rise. Roll out into sheets about 6 x 25 inches. Spread with soft butter and sugar mixture.\* Cut into 3-inch rolls. Lay each piece on a baking sheet and cut almost through to make several cinnamon roll slices. Press apart and overlap to form a ring. Other arrangements may be made if desired.

\*To make the filling mix  $\frac{1}{4}$  cup soft melted butter, 1 cup brown sugar, and 1 cup seedless raisins. Let rolls rise until double and bake in a moderate oven (375° F.). While hot spread with a powdered sugar icing.

MRS. L. T. HAGLE.

## MOTHER'S OATMEAL BREAD

- |                           |                                  |
|---------------------------|----------------------------------|
| 2 cups rolled oats        | 4 tablespoons sugar              |
| $3\frac{1}{2}$ cups water | 2 cups cold water                |
| 1 tablespoon salt         | $\frac{1}{2}$ cup lukewarm water |
| Flour                     | 1 cake yeast                     |

Cook the oats in  $3\frac{1}{2}$  cups unsalted water until done and about the consistency used for mush. Cool slightly and add salt and sugar and 2 cups cold water. Stir thoroughly. When slightly more than lukewarm add yeast dissolved in  $\frac{1}{2}$  cup lukewarm water. Stir in enough flour to make a thick sponge. Cover and let rise in a warm place until double in bulk. Add flour to sponge to make a stiff dough and knead until it is smooth and elastic. Place in a greased pan, cover and let rise to double in bulk. Make into loaves, let rise and bake for about 1 hour. Bake at about 400° F. for first quarter. Gradually lower temperature to 350° for last quarter.

BERTHA SHOLLENBURG.

## BOSTON BROWN BREAD

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| 2 cakes yeast                        | $\frac{2}{3}$ cup boiling water      |
| $\frac{2}{3}$ cup warm water         | $\frac{1}{3}$ cup molasses           |
| 1 tablespoon sugar                   | 2 tablespoons fat                    |
| $\frac{1}{4}$ cup whole wheat flour  | $\frac{1}{3}$ cup canned milk        |
| $\frac{1}{4}$ loaf stale bread cubes | $\frac{1}{4}$ teaspoon salt          |
| $\frac{1}{4}$ cup brown sugar        | $1\frac{1}{2}$ cups seedless raisins |
| $2\frac{1}{2}$ ounces Roman meal     | $\frac{1}{2}$ cup (scant) cornmeal   |
| $\frac{2}{3}$ cup white bread flour  |                                      |

Dissolve yeast in  $\frac{2}{3}$  cup warm water. Add sugar and  $\frac{1}{4}$  cup whole wheat flour. Mix and let rise in warm place 15 minutes. While rising, mix the boiling water, molasses, fat, milk and bread crumbs and let soak. Add to this the salt, brown sugar, raisins, Roman meal, cornmeal and white flour. Mix into a thin dough. Let rise 15 minutes in a warm place, then stir down well. Put in oiled tins and let rise for 15 to 20 minutes. Place in steamer for 1½ hours. If it is steamed over boiling water, set immediately in a steamer as soon as placed in tins.

MRS. G. W. MILLER.

## QUICK BREADS

## BLUEBERRY MUFFINS

- |                            |                                       |
|----------------------------|---------------------------------------|
| 1 cup blueberries          | $1\frac{3}{4}$ cups milk              |
| 1 tablespoon melted butter | $1\frac{1}{3}$ cups whole wheat flour |
| 2 tablespoons sugar        | $\frac{1}{2}$ teaspoon salt           |
| 2 eggs                     | $\frac{2}{3}$ cup white flour         |

Mix flour, sugar, and salt. Add milk gradually. Add the beaten egg and butter. Beat 2 minutes. Add blueberries sprinkled with flour. Turn into hot muffin pans and bake 30 to 35 minutes in a hot oven.

MABEL HARRIS.

## WHOLE WHEAT MUFFINS

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 1 cup milk                  | $\frac{1}{2}$ cup whole wheat flour |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ cup wheat germ        |
| 1 large or 2 small eggs     | $\frac{3}{4}$ cup white flour       |

Separate eggs. Put salt in milk, add egg yolks and beat. Add sifted flour slowly, beating and adding until the batter drops from the spoon. Fold in stiffly beaten whites and bake in oven at 350° to 375° F. for 30 minutes in oiled gem pans.

MRS. GWYNNE DALRYMPLE.

## WHEAT PUFFS

- |                         |                             |
|-------------------------|-----------------------------|
| 1 cup white flour       | 1 egg, separated            |
| 2 teaspoons butter      | $\frac{1}{2}$ teaspoon salt |
| 1 cup whole wheat flour | 1 cup milk                  |

Mix milk, egg yolk, salt and fat. Add flour. Beat whites stiff and fold in last. Drop in hot pans, and bake.

MRS. D. A. HART.

## WAFFLES

- |                     |                                 |
|---------------------|---------------------------------|
| 2 cups sifted flour | $1\frac{1}{2}$ cups milk        |
| 6 tablespoons oil   | 2 eggs, separated               |
| 1 teaspoon salt     | $\frac{1}{3}$ cup boiling water |

Stir the flour, oil and salt together. Add milk. To the yolks add  $\frac{1}{4}$  cup boiling water and beat until stiff. Fold in beaten whites last.

MRS. ROSE GUSTAFSON.

## WHOLE WHEAT WAFFLES

- |                           |                                       |
|---------------------------|---------------------------------------|
| 4 eggs                    | $1\frac{2}{3}$ cups whole wheat flour |
| $1\frac{1}{2}$ cups cream | 1 tablespoon sugar                    |
|                           | $\frac{1}{2}$ teaspoon salt           |

1 cup milk,  $\frac{1}{2}$  cup cream and 2 tablespoons butter may be substituted for the  $1\frac{1}{2}$  cups cream. Separate eggs. Beat yolks, add the liquid, flour and salt and stir until smooth. Add sugar to whites while beating. Fold into the batter and bake.

MABEL HARRIS.

## RAISED WAFFLES

- |                            |                                   |
|----------------------------|-----------------------------------|
| 2 cups milk                | 2 eggs                            |
| 1 ounce Fleischman's yeast | $\frac{1}{2}$ cup sugar           |
|                            | $\frac{1}{2}$ teaspoon salt       |
| 4 cups sifted flour        | A little grated nutmeg if desired |

Make sponge of the yeast, 1 cup lukewarm milk, sugar and the flour. Allow to rise until it is double in bulk. Add rest of ingredients and beat until smooth. Do not make dough too stiff (flour varies I find). Allow dough to rest 15 minutes, then bake in hot irons.

MRS. MOLLIE SITTNER.



## DUMPLINGS

- |                         |            |
|-------------------------|------------|
| $\frac{1}{2}$ cup water | 2 eggs     |
| 2 tablespoons butter    | Pinch salt |
| $\frac{2}{3}$ cup flour |            |

Bring water, salt and butter to boil. Add flour all at once. Stir a few minutes. Remove from stove and add eggs one at a time and beat. Put into soup in small pieces, cover and boil fifteen minutes.

MRS. DUDLEY DRAYSON, MRS. C. N. TILLMAN.

## SOUP DUMPLINGS

- |                             |                                       |
|-----------------------------|---------------------------------------|
| 1 tablespoon shortening     | $\frac{1}{8}$ teaspoon mace           |
| 1 egg                       | $\frac{1}{4}$ cup fine cracker crumbs |
| $\frac{1}{4}$ teaspoon salt | Flour to make a dough                 |
| 1 teaspoon parsley          |                                       |

Form into small balls, drop into boiling soup as vegetable, bean, tomato, etc.

MRS. G. W. MILLER.

## DUMPLINGS

- |                          |                             |
|--------------------------|-----------------------------|
| 5 tablespoons shortening | 2 cups flour                |
| 1 cup milk               | $\frac{1}{4}$ teaspoon salt |
| 2 eggs                   |                             |

Heat together the milk and shortening. Add flour and beat well. Cool. When cool add eggs one at a time. Add salt. Beat until smooth and drop from spoon into soup and boil until they come to the top.

ESTHER REPP.

## BREAD CRUSTADES

- |            |                             |
|------------|-----------------------------|
| Bread cups | $\frac{1}{2}$ cup milk      |
| 1 egg      | $\frac{1}{4}$ teaspoon salt |

Cut out bread cups from old bread. Dip in batter made of other ingredients. Fry in deep fat. Handle carefully so they will hold shape. Good for creamed vegetables.

MRS. RUTH COOPRIDER.

## CINNAMON TOAST

- |                     |                     |
|---------------------|---------------------|
| 1 tablespoon butter | 1 teaspoon cinnamon |
| 2 tablespoons sugar | 6 slices toast      |

Cream butter and add sugar and cinnamon. Toast triangle piece of bread on both sides, spread with cinnamon mixture and return to oven until sugar melts. Serve hot.

MRS. L. M. HUDSON.

## WHOLE WHEAT STICKS

- |                          |                           |
|--------------------------|---------------------------|
| 2 cups whole wheat flour | $\frac{1}{2}$ cup water   |
| 3 tablespoons oil        | $\frac{1}{2}$ cup coconut |
| 1 tablespoon sugar       | 1 teaspoon salt           |

Mix dry ingredients. Add oil and mix. Add water and mix again. Roll out  $\frac{1}{2}$  inch thick, cut in  $\frac{1}{2}$  inch strips. Bake in a moderate oven to a light brown.

MRS. J. C. HAUSSLER.

## GRAHAM CRISP

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 4 tablespoons cream                   | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup coarse graham flour |                             |

Mix together thoroughly. Make into sticks or roll into thin wafers, or put through a cookie press. A good accompaniment for salad, soup or cocktails.

MRS. E. S. CUBLEY.

## COLD WATER GEMS

- |                 |                         |
|-----------------|-------------------------|
| 2 cups water    | 2 tablespoons oil       |
| 1 cup milk      | 2 cups white flour      |
| 1 teaspoon salt | 1 cup whole wheat flour |

Beat the flour and dry ingredients into the liquid. Fill smoking iron gem pans, let stand a moment on the hot stove, then put in the oven. Bake until brown and done.

MRS. H. W. CLARK.

## HOE CAKE

- |                         |                   |
|-------------------------|-------------------|
| 1 pint cornmeal         | 1 quart milk      |
| $\frac{1}{4}$ cup flour | 2 tablespoons oil |
| 1 tablespoon sugar      | 1 egg             |
| 1 teaspoon salt         |                   |

Mix the meal and flour. Spread on a pan and heat in oven. Heat milk to boiling. Put hot meal in bowl, add sugar and salt and quickly mix in nearly all the hot milk. Mix in egg. Add enough milk to make a drop batter. The amount of milk used depends on how hot the milk and meal are. Drop by spoonfuls on an oiled pan. Bake in a hot oven.

MRS. L. T. HAGLE.

## CORN BREAD

- |                     |                                   |
|---------------------|-----------------------------------|
| 1 cup cornmeal      | 2 eggs, separated                 |
| 2 tablespoons flour | $1\frac{1}{4}$ cups boiling water |
| 1 tablespoon sugar  | $1\frac{1}{2}$ teaspoons salt     |

Sift dry ingredients together. Stir smooth with 1 cup boiling water. Add rest of water. Beat eggs separately and add beaten yolks to beaten whites and mix lightly but thoroughly with the batter. Bake in quick oven.

MRS. J. C. HAUSSLER.

## CORN BREAD—2

- |                          |                         |
|--------------------------|-------------------------|
| 2 eggs                   | 1 cup corn meal         |
| 1 cup whipping cream     | $\frac{2}{3}$ cup flour |
| 1 tablespoon white syrup | 1 teaspoon salt         |

Put cream in mixing bowl, break in the eggs and add syrup. Beat until mixture will pile when it runs off the egg beater. Sift dry ingredients together and fold into mixture. Bake about 20 minutes in hot oven.

MYRTLE SWEARINGEN.

## CORN PONES

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| $\frac{1}{2}$ cup whipping cream  | $\frac{1}{2}$ teaspoon salt     |
| 1 cup corn meal (white preferred) | $1\frac{1}{2}$ tablespoon sugar |
| 2 tablespoons flour               | 1 egg white                     |

Put cream and unbeaten egg white in bowl and beat until stiff. Add sugar, salt, and flour to corn meal and sift twice. Fold carefully into cream. Form into small cakes and bake to light golden brown.

LIDA BURROWS.

## SHORTBREAD

- |               |  |
|---------------|--|
| 4 cups flour  | $\frac{3}{4}$ cup brown or white sugar |
| 2 cups butter |  |

Put the flour, butter and sugar on a kneading board, letting the board rest against the wall to keep from moving. Break in small pieces and work into a lump by rubbing along board with hand. Do not have butter too hard. Roll into a sheet  $\frac{3}{4}$  inch thick. Cut in 4 pieces and prick all over with a fork; put in a hot oven for 5 minutes, cool a little and bake 25 minutes longer. Should be pale amber tint when baked.



## SODALESS PANCAKES

- |                                     |                   |
|-------------------------------------|-------------------|
| 1 cup dry untoasted<br>bread crumbs | 1/2 cup cold milk |
| 1 1/2 cups hot milk                 | 1/4 teaspoon salt |
|                                     | 2 eggs            |

Grind the bread. Pour hot milk over crumbs and salt. Add cold milk and set aside. Beat eggs until thick. Fold into crumb mixture. Bake on oiled griddle. If zwieback or toasted crumbs are used, blend 1 tablespoon flour with them to prevent crumbling.

ARLIETA ROGERS.

## CORN GRIDDLE CAKES

- |                        |                   |
|------------------------|-------------------|
| 1/4 cup cornmeal       | 1/2 teaspoon salt |
| 1/2 cup boiling water  | 3/4 cup milk      |
| 1 cup dry bread crumbs | 1 egg, separated  |

Scald the cornmeal with the boiling water. Heat the milk, but do not boil. Stir into the cornmeal. Add crumbs and salt. This should make a thick pour batter. Add the egg yolk. Fold in the stiffly beaten egg white. Cook on a hot, slightly oiled griddle, and serve with honey or syrup.

MABEL HARRIS.

## POPOVERS

- |                   |            |
|-------------------|------------|
| 1 1/2 cups flour  | 2 eggs     |
| 1/4 teaspoon salt | 1 cup milk |
| 1 teaspoon sugar  |            |

Mix flour, sugar and salt. Gradually add milk and well beaten eggs. Beat thoroughly. Have small muffin pans well greased and hot. Bake at 450° F. for 20 minutes. Lower heat to 350° and bake 15 to 20 minutes.

## CREAM PUFFS

- |                     |                   |
|---------------------|-------------------|
| 1 cup boiling water | 4 eggs            |
| 1/2 cup butter      | 1/2 teaspoon salt |
| 1 cup flour         |                   |

Add water to shortening, bring to boil and stir in flour thoroughly. Remove from fire and cool slightly. Add eggs one at a time and beat each one for some time before adding next. Drop by spoonfuls on a greased pan or baking sheet 2 inches apart. Shape in a circular form, having batter a little higher in center. Bake 30 minutes, 10 minutes at 400° F. and 20 minutes at 350° F. Serve with whipped cream or chocolate sauce.

DAISY SCHLUNTZ.

## SPOON BREAD

- |                          |                     |
|--------------------------|---------------------|
| 2 cups scalding hot milk | 2 tablespoons sugar |
| 2 teaspoons salt         | 3/4 cup cornmeal    |
| 4 eggs                   |                     |

Cook cornmeal in the milk, adding salt and sugar when thickened to the consistency of mush. Cool and add egg yolks one at a time with beating. Fold in stiffly beaten whites. Bake in buttered baking dish 1/2 hour at 350° F. Serve hot with butter.

ADA ROBERTS-ARAGON.

## RICE MUFFINS

- |                   |                   |
|-------------------|-------------------|
| 1 cup boiled rice | 1/2 cup cream     |
| 2 eggs            | 1/4 teaspoon salt |
| Barley flour      |                   |

Beat together the cream, egg yolks, rice, salt, and flour to make a stiff batter. Fold in stiffly beaten whites last. Bake in hot gem irons.

MABEL HARRIS.

## PARSLEY BUTTER

- |                         |                           |
|-------------------------|---------------------------|
| 1 pound butter          | 2 tablespoons lemon juice |
| 1/2 cup chopped parsley |                           |

Soften the butter and add the chopped parsley and lemon juice. This makes an attractive filling for checkerboard sandwiches or other fancy sandwiches.

BERTHA SHOLLENBURG.

## ROLLED ASPARAGUS SANDWICH

Cut the crust from a loaf of fresh bread. Spread a thin layer of creamed butter on one end of the loaf and then cut from it as thin a slice as possible. Place a canned asparagus tip on this slice and roll with the spread side inward. Lay it on a napkin with the edges of the slice downward. When all the sandwiches have been prepared, draw napkin firmly around rolls and put them in a cold place for several hours.

MRS. P. W. CHRISTIAN.

## FAVORITE SANDWICH

- |                            |                           |
|----------------------------|---------------------------|
| 1/4 pound Savory meat loaf | 1/4 teaspoon celery salt  |
| 3 egg yolks, hard boiled   | 1 teaspoon parsley        |
| 1/4 teaspoon salt          | 1/2 teaspoon grated onion |
|                            | 1/4 teaspoon lemon juice  |

Mix all together and spread on bread or toast.

MRS. D. A. HART.

## CREAMED SPREAD

- |                                     |                        |
|-------------------------------------|------------------------|
| 1/2 cup chopped walnuts             | Cream                  |
| 1/2 cup chopped hard<br>cooked eggs | 1/4 cup chopped olives |

Mix chopped egg and nuts with cream. The ingredients may be put through a chopper if desired. Olives may be omitted.

MRS. J. R. NEWCOMBE.

## HOT HASH SANDWICH

- |                          |             |
|--------------------------|-------------|
| 1 cup minced cold potato | Salt        |
| 2/3 cup minced Protose   | Celery salt |
| 2 tablespoons butter     | Cream       |

Mix all together and bake. Serve hot on toast with brown gravy.

VERDA DEER.

## COTTAGE CHEESE FILLING

Use cottage cheese plain or mix with one or more of the following:

- |                     |                  |
|---------------------|------------------|
| Mayonnaise          | Chopped nuts     |
| Chopped ripe olives | Chopped celery   |
| Jelly               | Hard boiled eggs |

MRS. ROSE GUSTAFSON.

## PINEAPPLE CREAM CHEESE FILLING

- |                            |                     |
|----------------------------|---------------------|
| 1/2 cup cream cheese       | 12 almonds, chopped |
| 1 slice pineapple, chopped |                     |

Combine. If used as an open sandwich, garnish with jelly or colored cream cheese used with a pastry tube.

MRS. G. W. MILLER.

## SOY MINCE SANDWICH FILLING

Mix 1 small can Soy Mince with 2 stalks finely chopped celery, 1 small finely chopped tomato, 1/2 chopped dill pickle, 2 tablespoons chopped pimiento, 1/4 teaspoon salt, and 1 tablespoon mayonnaise. Spread sandwich filling using crisp lettuce leaf if desired. This will make 10 to 12 sandwiches.

LOMA LINDA FOODS.



## EGG AND PEA SPREAD

- |                    |                             |
|--------------------|-----------------------------|
| 1 can peas         | Lemon juice                 |
| 1 can Nut Savory   | 2 tablespoons melted butter |
| 6 hard boiled eggs | Salt and seasoning          |

Combine ingredients and spread on buttered slices of bread.

Mrs. D. A. HART.

## TOMATO AND CHEESE HOT SPREAD

- |                                 |                     |
|---------------------------------|---------------------|
| 1 pint tomato juice             | 2 tablespoons flour |
| $\frac{3}{4}$ cup grated cheese | Salt to taste       |
| 3 hard boiled eggs              |                     |

Heat tomato juice, add cheese and thicken with flour. Dice eggs and add. Serve on plain or toasted bread that is buttered.

Mrs. LLOYD GRUNKE.

## PROTOSE AND NUTTOLINE SANDWICH

- |                                    |                        |
|------------------------------------|------------------------|
| $\frac{1}{4}$ pound Nuttolene      | 1 teaspoon onion juice |
| $\frac{1}{4}$ cup chopped tomatoes | Parsley                |
| 3 hard boiled eggs                 | Sage                   |
| $\frac{1}{4}$ pound Protose        | Salt                   |

Mash Nuttolene, and brown in fat. Brown onion if desired and use in place of juice. Mash Protose and add the eggs. Mix all and moisten with mayonnaise.

VERDA DEER.

## MUSHROOM SANDWICH SPREAD

- |                      |                     |
|----------------------|---------------------|
| 1 can mushrooms      | 3 tablespoons flour |
| 3 tablespoons butter | Milk to make paste  |
| Paprika              | Salt                |

Chop the mushrooms and simmer in butter. Add flour and brown slightly. Add enough rich milk to make a good spreading paste. Salt to taste and season with paprika.

CHRISTINA McLEOD-COOPER.

## SPANISH SANDWICH SPREAD

- |                                 |                    |
|---------------------------------|--------------------|
| $\frac{1}{4}$ cup shortening    | 3 well beaten eggs |
| $\frac{3}{4}$ cup chopped onion | Salt to taste      |
| 3 tablespoons flour             | Celery salt        |
| 1 pint thick tomato puree       |                    |

Fry onions in shortening until golden brown. Brown flour slightly with onions. Add tomato puree and seasoning. Add the eggs and stir slowly as eggs start to set. Chopped dill pickle may be added.

FREDA TREFZ.

## HOT STUFFED SANDWICHES

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| $\frac{1}{2}$ pound cream cheese | $\frac{1}{2}$ small onion            |
| 2 hard boiled eggs               | $\frac{1}{2}$ small can tomato juice |
| $\frac{1}{2}$ cup ripe olives    | Salt to taste                        |

Force cheese, eggs, olives and onion through food chopper. Add tomato juice and salt. Mix until smooth. Use for toasted sandwiches or split long slender finger rolls and remove a portion of inside. Stuff the rolls with mixture and press firmly together. Place rolls in slow oven (325° F.) until filling becomes creamy. Serve hot.

Mrs. R. C. McCLENAHAN.

## CRANBERRY-COTTAGE CHEESE SALAD

- |                           |                      |
|---------------------------|----------------------|
| 1 quart cranberries       | 1 tablespoon sugar   |
| 2 cups sugar              | 1 cup whipping cream |
| 3 cups dry cottage cheese |                      |

Wash cranberries and put through a food chopper. Arrange cranberry puree and the 2 cups of sugar in alternate layers in a saucepan and allow to stand for 10 minutes or until some juice is drawn out. Place over a low flame until the juice flows freely. Increase heat for 6 to 8 minutes, stirring constantly. Pour in a shallow pan, cool and place in refrigerator to stiffen. Half an hour before serving time, whip cream until stiff, sweeten with 1 tablespoon sugar and fold in cottage cheese. Spread mixture evenly over the cranberries and return to refrigerator to chill. To serve cut in squares and place on leaves of lettuce. No dressing is necessary. Serves 8.

ESTHER SONNENBERG.

## CHEESE CHARLOTTE

- |                       |                         |
|-----------------------|-------------------------|
| 1 pint scalded milk   | 1 cup mayonnaise        |
| 3 tablespoons gelatin | 4 dill pickles, chopped |
| or agar agar          | 1 can pimiento          |
| 1 pound grated cheese |                         |

Soak gelatin in three tablespoons cold water. Dissolve in hot milk. Add other ingredients. Pour into mold and let stand overnight. If agar agar is used refer to recipe for Agar Gel.

Mrs. STANLEY WALKER.

## SALAD DINNER

- |                  |              |
|------------------|--------------|
| Asparagus tips   | Mayonnaise   |
| Hard boiled eggs | Potato salad |
| Sliced radishes  |              |

Arrange asparagus tips on salad plate. Cover with sliced boiled egg (1 to 1½ to a serving). Slice radishes over eggs and cover all with thinned mayonnaise. Put a mold of potato salad on top and you have a whole dinner in one dish.

Mrs. DICK FRYE.

## THE ISLAND SALAD

- |                           |  |
|---------------------------|--|
| 1 cup crushed pineapple   | 1 cup whipped cream                          |
| Juice $\frac{1}{2}$ lemon | $\frac{1}{4}$ cup chopped celery             |
| $\frac{1}{4}$ cup sugar   | $\frac{1}{4}$ cup crushed pineapple, drained |
| 1 tablespoon gelatin or 2 | 6 to 12 olives                               |
| tablespoons agar agar     | Lettuce or watercress                        |
| 1 cup mild grated cheese  |  |

Heat 1 cup pineapple, lemon juice and sugar for 5 minutes. Soak gelatin in 1 tablespoon cold water for 5 minutes and add to hot pineapple. When it begins to set add 1 cup grated cheese and whipped cream. Pour into molds. Add chopped celery and drained crushed pineapple to favorite salad dressing and pour over or around salad and serve with olives on lettuce or watercress. If agar agar is used refer to recipe for Agar Gel.

Mrs. JOHN BAUER, JR.

## LINDBERGH'S LUNCH SALAD

- |                        |                      |
|------------------------|----------------------|
| 1 cup diced raw apples | 1 cup cottage cheese |
| 1 cup diced pineapple  | Pecan halves         |
| 1 cup peaches          | Whipped cream        |

Mix ingredients together. Place mound on center of lettuce leaves. On one side put a small amount of cottage cheese. On opposite side put a spoonful of whipped cream. Decorate with dates and pecan halves. Chill in refrigerator.

Mrs. P. W. CHRISTIAN.



## BUTTERFLY SALAD

- |                   |   |                            |
|-------------------|---|----------------------------|
| Lettuce leaf      | 1 | tablespoon mayonnaise      |
| 1 slice pineapple | 1 | maraschino cherry          |
| 1 date, stoned    | 2 | pieces candied orange peel |

Cut slices of pineapple in half and place the curved sides together on lettuce. Make the body of the stoned date, feelers of candied orange peel, and the spots on the wings thin slices of cherry. Place mayonnaise under the butterfly.

MRS. G. W. MILLER.

## GRAPEFRUIT CHARIOT

Cut grapefruit in half with a grapefruit knife. Cut the center out of  $\frac{1}{2}$  of it and cut up removed grapefruit with  $\frac{1}{2}$  orange and some pineapple. Mix with sugar and fill the half grapefruit. Top with whipped cream and garnish with a cherry. Cut 2 circular pieces out of lemon. Stick on opposite sides of grapefruit with toothpicks for wheels. 2 animal crackers tacked together with toothpicks serve as horses. Use string for lines and place pieces of lettuce for bed of grass.

MRS. ALVAH BRINGLE.

## CRANBERRY SALAD

- |                         |   |                        |
|-------------------------|---|------------------------|
| 1 pound cranberries     | 1 | tablespoon lemon juice |
| 1 cup sugar             | 1 | cup nut meats          |
| 2 cups water            | 1 | cup chopped celery     |
| 1 package lemon gelatin |   |                        |
| or agar agar            |   |                        |

Bring sugar and water to a boil and add cranberries. Boil until they pop. Add gelatin, nuts and celery and mold. For agar agar refer to recipe for Agar Gel.

MRS. F. SIRES, MRS. BORDMAN NOLAND.

## CRANBERRY AND ORANGE SALAD

- |                          |   |                                   |
|--------------------------|---|-----------------------------------|
| 1 package orange gelatin | 1 | medium orange                     |
| or agar agar             |   | $1\frac{3}{4}$ cups boiling water |
| 2 cups cranberries       |   |                                   |

Dissolve gelatin in boiling water. Free orange from seeds and membrane. Put cranberries, orange and peel through meat chopper. Mix with chilled gelatin. Pour into molds. Serve on lettuce with mayonnaise. If agar agar is used refer to recipe for Agar Gel.

MRS. P. W. CHRISTIAN.

## CUP AND SAUCER SALAD

- |                         |                      |
|-------------------------|----------------------|
| Sliced canned pineapple | Fruit salad dressing |
| Halves canned peaches   | Whipped cream        |
| Cream cheese            | Shredded lettuce     |

The pineapple forms the saucer, the upturned half of peach the cup which is filled with a small ball of cream cheese. Fruit salad dressing is poured over all. Top with whipped cream and garnish with shredded lettuce.

MRS. W. D. EMERY.

## PEAR BLUSH SALAD

- |                                |                     |
|--------------------------------|---------------------|
| 1 3-ounce package cream cheese | Lettuce             |
| 6 halves canned pears          | Grapefruit sections |
| Red vegetable coloring         | Orange sections     |
|                                | French dressing     |

Fill cavity of each half pear with cream cheese. Place pear, cut side down, on bed of lettuce on salad plate. Put a tiny drop of coloring on thick part of pear; it will spread over surface in a delicate pink blush. Garnish with sections of orange and grapefruit arranged around pear and tiny rosettes of creamed cheese put through pastry bag. Serve with French dressing.

MRS. P. W. CHRISTIAN.

## ORANGE AND NUT SALAD

- |                                   |                   |
|-----------------------------------|-------------------|
| 3 medium oranges                  | 1 head lettuce    |
| $\frac{1}{2}$ cup boiled dressing | 6 English walnuts |

Wash lettuce leaves in cold water and shake in a cloth or chill on ice. Peel, slice and quarter the oranges. Arrange lettuce on a plate. Add oranges and nuts. Serve with boiled dressing.

MRS. P. W. CHRISTIAN.

## ORANGE PEANUT SALAD

- |                                  |                                  |
|----------------------------------|----------------------------------|
| $\frac{1}{2}$ cup salted peanuts | 2 oranges, diced                 |
| 2 hard cooked eggs               | $\frac{1}{2}$ cup mayonnaise     |
| 1 can pimiento                   | $\frac{1}{2}$ cup cracker crumbs |
| 2 cups shredded cabbage          |                                  |

Mix all together and chill before serving.

OLIVE JENKINS.

## STUFFED PEACH SALAD

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 1 package cream cheese      | $\frac{1}{2}$ orange rind, grated |
| 2 dozen salted almonds      | Lettuce                           |
| $\frac{1}{8}$ teaspoon salt | Dash paprika                      |
| 12 halves canned peaches    |                                   |

Blend the cheese, finely minced almonds, salt, paprika, and orange rind and form into small balls. If cheese is dry moisten with cream or orange juice. Drain peaches, arrange in lettuce nests and place a cheese ball in each. Serve with salad dressing. Serves 6.

MRS. W. D. EMERY.

## AVOCADO AND ORANGE SALAD

- |                  |                      |
|------------------|----------------------|
| 1 avocado        | Crisp lettuce leaves |
| 3 oranges, large | French dressing      |

Cut a peeled avocado in lengthwise slices. Peel orange segments. Arrange on a bed of lettuce leaves on salad plates with alternate slices of orange and avocado segments. Serve with French dressing. Serves 6.

EVELYN DEGERING-VULLIET.

## AVOCADO SALAD

- |                                   |  |
|-----------------------------------|--|
| 1 large avocado                   | $\frac{1}{4}$ cup stuffed olives sliced thin |
| $\frac{1}{4}$ cup French dressing |  |

Line a salad bowl with crisp lettuce leaves. Shred lettuce and mix small pieces of avocado with it. Top with French dressing mixed with sliced olives.

ALTON WHEELER.

## FRUIT A LA CREAM

- |                                |                           |
|--------------------------------|---------------------------|
| $\frac{1}{4}$ cup peaches      | $\frac{1}{4}$ cup bananas |
| $\frac{1}{4}$ cup pineapple    | $\frac{1}{4}$ cup dates   |
| $\frac{1}{4}$ cup apples       | 3 marshmallows            |
| $\frac{1}{4}$ cup strawberries | 1 pint whipping cream     |
| Sugar to taste                 |                           |

Cut peaches, pineapple, strawberries and bananas in cubes. Cut dates in 4 pieces and marshmallows in 8. Whip the cream, add sugar, then the dates and marshmallows and fold thoroughly. Add the other fruit which has been drained. Serve on a bed of lettuce with a strawberry on top. May be served as a dessert. Maraschino cherries may be used in place of strawberries.

MRS. G. W. MILLER.

## ASPARAGUS SALAD

- |                            |                |
|----------------------------|----------------|
| 1 can asparagus            | Lettuce leaves |
| Pimiento or stuffed olives | Mayonnaise     |

Drain and rinse asparagus. Arrange on nests of lettuce leaves. Top with mayonnaise and garnish with pimiento or sliced olives.

MRS. GWYNNE DALRYMPLE.



## CELERY AND CABBAGE SALAD

- |                     |                    |
|---------------------|--------------------|
| 3 cups celery       | 1/2 cup mayonnaise |
| 1 cup cabbage       | Salt               |
| 1/4 cup lemon juice |                    |

Mince celery and cabbage very fine, and marinate with the lemon juice. Drain off the juice and add the salt and mayonnaise. Serve.

E. G. FULTON.

## CABBAGE-NUT SALAD

Mix 1 cup finely chopped cabbage with 1/4 cup nut meats, chopped. Mix with mayonnaise and garnish with green pepper.

MRS. WM. NEHRING.

## COMBINATION GREEN SALAD

- |                   |                               |
|-------------------|-------------------------------|
| 6 medium tomatoes | 1/2 green pepper              |
| 2 small cucumbers | 6 tablespoons French dressing |
| 6 red radishes    | Salt                          |

Place lettuce leaves on six salad plates. Slice the tomatoes. Add 1/2 of a sliced cucumber. Slice the radishes but do not peel. Arrange the radishes over tomato and cucumber. Chop the pepper and sprinkle a teaspoon over each salad. Pour French dressing over all.

MRS. ALVAH BRINGLE.

## STUFFED TOMATO

Skin firm well-shaped tomatoes. Cut off the stem end, being careful not to spoil, for it can be used as a cap for the tomato if the green stem is on. Scrape out the seeds. Mix cottage cheese with thick cream and salt and season as desired with onion, chives, or sweet pepper. Fill the tomato heaping full so that the cheese will show around the edge of the cap. Serve on lettuce leaves.

ALICE NEHRING.

## LOG CABIN SALAD

Cut cooked whole carrots in long strips. Arrange these carrots in strips with asparagus stalks in log cabin fashion on a lettuce leaf using 4 of each. Fill the center of the cabin, which is 2 logs high, with coleslaw or cabbage salad. Garnish with chopped green peppers.

MRS. W. D. EMERY.

## LETTUCE-SWEET PEPPER SALAD

Mix equal parts of shredded lettuce and sweet peppers with a little onion flavor. Add mayonnaise generously.

## VEGETABLE SALAD

- |                          |                |
|--------------------------|----------------|
| 1 cup grated carrots     | Salt to taste  |
| 1/2 cup lettuce          | 1 diced tomato |
| 1/2 cup green lima beans | Mayonnaise     |

Mix with mayonnaise and serve on lettuce leaves.

MRS. WM. NEHRING.

## STUFFED TOMATO SALAD

- |                         |                         |
|-------------------------|-------------------------|
| 6 firm medium tomatoes  | 1/2 cup diced cucumber  |
| 1/2 cup diced celery    | 1/2 cup French dressing |
| 1 cup cooked green peas | Mayonnaise              |

Peel tomatoes, remove pulp, drain and salt. Combine mixture with French dressing. Chill for 15 minutes. Fill tomatoes. Serve on lettuce with mayonnaise.

## VEGETABLE SALAD LOAF

- |                           |                           |
|---------------------------|---------------------------|
| 2 packages lemon gelatin  | 1 can pimiento            |
| or agar agar              | 1 head cauliflower, small |
| 3 1/2 cups hot water      | 3 carrots                 |
| 1/2 teaspoon salt         | 1/2 cup diced celery      |
| 2 tablespoons lemon juice | 6 radishes                |
| 1 can whole green beans   |                           |

Dissolve gelatin in hot water. Add salt and lemon juice and pour half of the mixture in a 8 1/2-inch square pan. Chill until partially set. Make the string beans (tiny ones) into 9 bundles tied with a pimiento strip and arrange in 3 rows over the gelatin mixture. Chill until firm. Cook the cauliflower, and break into flowerlets. Slice the carrots and cook them; and cook the celery. Slice the radishes. Combine the other half of the gelatin with the vegetables. Pour over first layer and chill. Unmold on a tray and cut in squares with a bundle of green beans for each serving. Serves 9. If agar agar is used refer to recipe for Agar Gel.

MRS. G. G. KRETSCHMAR.

## TOMATO JELLY AND BAKED BEAN SALAD

- |                        |                              |
|------------------------|------------------------------|
| 3 cups canned tomatoes | 1 teaspoon celery salt       |
| 2 bay leaves           | 1/4 ounce agar agar          |
| 1 onion, sliced thin   | 1/3 cup lemon juice          |
| 1 teaspoon salt        | 1/2 cup baked beans, drained |

Put agar agar to soak in 2 quarts quite hot water. Soak 1/2 hour and change water. Soak 15 minutes and change again. While agar agar is soaking cook the first 5 ingredients to 1/2 their volume. Drain the agar agar and add to the tomato mixture and boil until agar agar dissolves. Put through a sieve. Add lemon juice and baked beans. Place in molds dipped in cold water. Serve unmolded on shredded cabbage with dressing.

MRS. L. T. HAGLE.

## DATE SALAD

- |              |               |
|--------------|---------------|
| Large dates  | Paprika       |
| Chopped nuts | Lettuce       |
| Cream cheese | Mayonnaise    |
| Salt         | Whipped cream |

Wash dates and dip in thin syrup made of 2 tablespoons sugar to a cup boiling water. Put dates on a pan and place in cool oven until they are nicely "plumped." Remove pits and fill with nuts and cheese worked with cream until moist and smooth. Season the filling with salt and paprika. Serve dates on bed of lettuce and mayonnaise. Top with a spoonful of whipped cream made slightly pink with paprika.

MRS. P. W. CHRISTIAN.

## STUFFED RAW SWEET PEPPERS

- |                      |                               |
|----------------------|-------------------------------|
| 1 cup minced lettuce | 1/2 cup cottage cheese        |
| 1/2 cup spinach      | 1 teaspoon diced green pepper |

Mix with mayonnaise. Cut the peppers in half. Remove seeds. Fill with the salad mixture. Serve on a lettuce leaf.

MRS. WM. NEHRING.

## VEGETABLE SALAD

- |                         |                          |
|-------------------------|--------------------------|
| 1 package lemon gelatin | 1 tablespoon lemon juice |
| or agar agar            | 1 teaspoon salt          |
| 1 pint hot water        | 1 cup chopped carrots    |
| 1 cup chopped cabbage   |                          |

Dissolve gelatin in hot water and let set until it begins to thicken. Add vegetables. Mold. Chill. Serve on lettuce with mayonnaise. If agar agar is used, refer to recipe for Agar Gel.

VERDA DEER.



## FROZEN PINEAPPLE SALAD

- |                       |                           |
|-----------------------|---------------------------|
| 1 cup pineapple juice | 2 tablespoons lemon juice |
| 2 tablespoons flour   | 4 slices pineapple        |
| 1/2 cup butter        | 2 oranges                 |
| 1/2 cup sugar         | 1/4 cup nuts              |
| 1/4 teaspoon salt     | 10 marshmallows           |
| 1 egg                 | 8 maraschino cherries     |
|                       | 1 pint whipping cream     |

Make a paste of flour and pineapple juice. Gradually add remainder of the juice. Add butter, sugar and salt. Cook in top of double boiler for 10 minutes. Add beaten egg and cook longer with constant stirring. Cool, add lemon juice, pineapple, oranges, nuts, marshmallows and cherries. Fold in whipped cream. Put in ice box and freeze.

MRS. PAUL ACKERMAN.

## FROZEN FRUIT AND CHEESE SALAD

- |                         |                              |
|-------------------------|------------------------------|
| 4 egg yolks             | 1 bottle maraschino cherries |
| 1/4 cup sugar           | 1 cup fine cottage cheese    |
| 1/4 cup lemon juice     | 2 bananas or                 |
| 1/4 pound marshmallows  | 1 cup Royal Ann cherries     |
| 1 can crushed pineapple | 1 cup cream, whipped         |

Two packages cream cheese may be used instead of cottage cheese. Mix yolks and sugar in top of double boiler or sauce pan. Add lemon juice and cook slowly until thick, stirring constantly. Remove from fire and add quartered marshmallows. Stir together and add ingredients in order listed. Run cottage cheese through a fine sieve (or soften cream cheese with milk). Leave cherries whole and use part of juice to color the salad. Fold together lightly, and freeze in refrigerator or mold. Cut in cubes or slices and serve on lettuce.

MRS. W. D. EMERY.

## IMPERIAL SALAD

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1 cup pineapple juice                | 3 slices canned pineapple        |
| 1 cup water                          | 2 canned pimientos               |
| 1 package lemon gelatin or agar agar | 1 cup celery or 1 small cucumber |

Heat water. Add gelatin and pineapple juice. Mix the cubed pineapple, shredded pimiento and celery. Pour the gelatin over the mixture and mold until set. If agar agar is used refer to recipe for Agar Gel.

MRS. P. W. CHRISTIAN.

## CANTALOUPE SALAD

- |                |                                    |
|----------------|------------------------------------|
| 3 cantaloupes  | 3 tablespoons maraschino cherries, |
| Salad dressing | finely chopped                     |

Cut cantaloupes in half and remove the seeds. Scoop out the melon with a French vegetable cutter. Chill thoroughly. Mix with dressing and arrange in nest of heart lettuce and sprinkle with maraschino cherries.

MRS. M. L. NEFF.

## OVERNIGHT SALAD

- |                                 |                           |
|---------------------------------|---------------------------|
| 2 cups pineapple                | 2 eggs                    |
| 2 cups grapes or white cherries | 6 tablespoons lemon juice |
| 2 cups marshmallows             | 4 tablespoons sugar       |
| 2 oranges                       | 4 tablespoons butter      |
|                                 | 1 cup whipping cream      |

Make a dressing of the beaten eggs, lemon juice, sugar, and butter. When dressing is cool add whipped cream. Add the fruit and marshmallows which have been cut into small pieces. Place in refrigerator 24 hours and serve cold.

ETHEL JOHNSON.

## VITAMIN CHART

## FOODS RICH IN VITAMIN A

Broccoli	Lettuce	Tomatoes
Spinach	Turnip greens	Milk
Kale	Egg yolk	Beet greens
Chard	Butter	

FOODS RICH IN VITAMIN B<sub>1</sub>

Whole grains	Milk	Bran
Wheat germ	Peas	Fruits
Walnuts	Egg yolk	Yeast & yeast extracts
Pecans		

## FOODS RICH IN VITAMIN C

Tomatoes	} raw or cooked	Raw vegetables, especially—	
Oranges		Celery	Spinach
Lemons		Cabbage	Asparagus
Other raw fruits		Lettuce	Lima beans
Strawberries			

## FOODS RICH IN VITAMIN D

Egg yolk	Milk (fortified)	Butter
Cod-liver oil		

(Sunshine is the best source of Vitamin D)

*Symptoms of Vitamin A Deficiency Are:*

Night blindness  
Dry and scaly skin

*Symptoms of Vitamin B<sub>1</sub> Deficiency Are:*

Lack of appetite  
Need of toning up of digestive, circulatory, and nervous systems  
Abnormal fatigue and constipation

*Symptoms of Vitamin C deficiency may present themselves in such vague signs as:*

Restlessness  
Irritability  
Loss of energy  
Severe deficiencies result in scabies

*Vitamin D seldom has a deficiency in localities where there is plenty of direct sunshine.*

Babies, adolescents, and pregnant women are most in need of this vitamin. It is excellent for growth, since it increases the amount of calcium and phosphorus available for bones and teeth. Lack of it causes rickets in babies and lowered vitality throughout life.



## AGAR GEL

(Vegetable Gelatin)

Soak 2 tablespoons agar agar in warm water for 30 minutes. Drain. Add 2 cups boiling water and boil until clear or about 10 minutes. Strain and keep hot until color and flavoring are added and gel is ready to be set. This gel sets while it is still warm and cannot be liquified without bringing to boiling point. Season as follows:

Add  $\frac{1}{4}$  cup sugar and  $\frac{1}{4}$  teaspoon salt to each cup of agar gel.

Add fruit flavorings as follows:

For lemon gel: Add 3 tablespoons lemon juice to each cup of agar gel.

Orange gel: Add 3 tablespoons orange juice and 1 tablespoon lemon juice to each cup of agar gel.

Other fruits: 3 tablespoons of desired juice and 1 tablespoon lemon juice.

Coloring may be added as desired to correspond with the flavor.

If more fruit juice is to be added than the amounts given above, decrease the water in which the agar is boiled the same amount as juice added.

## TO SUBSTITUTE AGAR GEL FOR GELATIN AND GELATIN DESSERTS:

If recipe calls for 1 package of lemon or orange gelatin (other fruits are same) substitute 2 cups of orange or lemon gel and omit the water used in recipe to dissolve gelatin.

If recipe calls for 1 tablespoon gelatin boil 2 tablespoons agar in liquid given in recipe to dissolve gelatin.

FOODS LABORATORY.

## SHAMROCK SALAD

- |  |                                    |
|--|------------------------------------|
| 2 packages lime gelatin                | 1 cup finely sliced celery         |
| or agar agar                           | 1 chopped cucumber                 |
| $3\frac{2}{3}$ cups water              | $\frac{1}{2}$ cup shredded cabbage |
| $\frac{1}{2}$ cup lemon juice          | 1 cup shredded carrots             |
| $\frac{1}{4}$ cup chopped green pepper |                                    |

Add  $\frac{1}{2}$  of water which is boiling to the prepared gelatin and salt. When thoroughly dissolved add remaining cold water and lemon juice. Cool in refrigerator until partly jellied. Add vegetables. Mold either in a square pan or individual molds and serve on a lettuce leaf with mayonnaise. If agar agar is used refer to recipe for Agar Gel.

MRS. R. P. PENHALLURICK.

## MOCK SALMON SALAD

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 pint grated carrots            | 3 hard cooked eggs                 |
| $\frac{1}{2}$ cup mayonnaise     | $\frac{1}{4}$ teaspoon salt        |
| $\frac{1}{2}$ cup toasted crumbs | $\frac{1}{2}$ teaspoon onion juice |
| 1 tablespoon lemon juice         | 1 cup celery                       |

Wash and scrape carrots and grate with coarse grater. Chop the hard cooked eggs and add bread crumbs. Salt. Add lemon juice and finely chopped celery. Add other ingredients. Serve on ungarnished plates.

MRS. ALVAH BRINGLE.

## TOMATO SANDWICH SALAD

Place a slice of tomato on crisp lettuce. Spread with cream cheese seasoned with chopped celery, chopped green pepper, chopped parsley, a small amount of grated onion and a little cream. Place a slice of tomato on top and garnish with watercress. Olives may also be used.

MRS. G. W. MILLER.

## VEGETARIAN CHICKEN SALAD

- |                            |                                |
|----------------------------|--------------------------------|
| 1 cup diced Proteena       | 1 tablespoon onion             |
| 3 large tomatoes           | 1 tablespoon lemon juice       |
| 3 hard cooked eggs         | 6 tablespoons mayonnaise       |
| 1 teaspoon salt            | 1 tablespoon cream             |
| Lettuce leaves             | $\frac{1}{4}$ teaspoon paprika |
| 1 cup celery, finely diced |                                |

Scoop out tops of tomatoes, place on lettuce leaves. Combine the chilled ingredients and heap high on top of tomatoes. Sprinkle with sieved egg and serve.

LOMA LINDA FOODS.

## SALAD OF '76 IN NEW DRESS

- |                         |                                  |
|-------------------------|----------------------------------|
| 1 teaspoon minced onion | 1 cup boiled carrots             |
| 2 cups boiled potatoes  | $\frac{1}{2}$ cup chopped celery |
| 1 cup boiled beets      | 3 hard cooked eggs               |

Chop vegetables in  $\frac{1}{2}$ -inch cubes. Grate onion or chop very fine. Mix with chopped eggs and fold in mayonnaise. Garnish with lettuce.

ALICE NEHRING.

## MACARONI SALAD

- |                           |                |
|---------------------------|----------------|
| 1 medium cabbage          | 1 green pepper |
| 2 cups cooked macaroni    | 1 small onion  |
| 4 medium potatoes, boiled | Salt to taste  |
| 3 hard cooked eggs        | Paprika        |

Mix together, leaving 1 egg for garnish. Add mayonnaise. Grate egg over top and sprinkle with paprika.

MRS. W. D. EMERY.

## CHEESE BALL SALAD

- |                                    |                |
|------------------------------------|----------------|
| $\frac{1}{4}$ pound cream cheese   | Halved walnuts |
| $\frac{1}{3}$ sweet pepper (green) | Lettuce        |
| or pimiento                        | Mayonnaise     |

Using a fine knife put the cheese and pepper through food chopper. Blend with 1 tablespoon mayonnaise. Roll into small balls. Press  $\frac{1}{2}$  nutmeat into the top of each ball. Serve 5 balls on lettuce with mayonnaise. Can be served as an accompaniment to a plain green salad.

MRS. P. W. CHRISTIAN.

## FROZEN TOMATO SALAD

- |                          |                |
|--------------------------|----------------|
| 1 cup canned tomato soup | Lettuce        |
| 1 cup whipped cream      | Salad dressing |

Whip  $\frac{1}{2}$  cup cream, add the soup and whip until mixed. Pour into refrigerator tray. Whip other cream and season with salad dressing. Spread this over the top of the mixture. Freeze hard. Slice and serve on watercress or lettuce.

MRS. RUTH COOPRIDER.

## ONTARIO TOMATO SALAD

Scald and peel 1 tomato for each person. Scoop out centers. Sprinkle inside with lemon juice, salt and poultry seasoning. Set on ice until ready to serve. Put canned peas, diced celery, and small squares of Ontario cheese in a bowl, marinate with French dressing. Hold a plate over the bowl and toss lightly until well mixed. Arrange tomato on lettuce leaf, and fill with the mixture. Top with mayonnaise and garnish with sliced beets and olives.

MRS. L. T. HAGLE.



## COOKED SALAD DRESSING

- |                     |                      |
|---------------------|----------------------|
| 2 cups oil          | 1 tablespoon sugar   |
| 1 egg               | 1/2 cup flour        |
| 1 cup water         | 1 teaspoon salt      |
| 1/2 cup lemon juice | 1/4 teaspoon paprika |

Beat whole egg into oil. Heat liquid to boiling point. Mix flour, sugar and salt. Put into boiling liquid and boil until flour is done. Mix into oil and beat.

MRS. E. LAWRENCE.

## BOILED SALAD DRESSING

- |                      |                    |
|----------------------|--------------------|
| 2 egg yolks          | 1/2 teaspoon sugar |
| 1/4 cup lemon juice  | 3/4 cup milk       |
| 1/2 teaspoon salt    | 1 tablespoon flour |
| 2 tablespoons butter |                    |

Melt butter, add flour and stir. Add milk and bring to boil. Add salt, sugar and beaten egg yolks. Beat in lemon juice.

MRS. J. C. HAUSSLER.

## ECONOMICAL SALAD DRESSING

- |                              |                          |
|------------------------------|--------------------------|
| 1/4 cup flour                | 1/3 cup lemon juice      |
| 1 tablespoon sugar           | 1 egg                    |
| 1/2 teaspoon salt            | 1 tablespoon oil         |
| 1/8 teaspoon turmeric powder | 1 3/4 cups boiling water |
| 1/2 teaspoon celery salt     |                          |

Mix these ingredients and rub them to a smooth paste with 1/4 cup cold water. Add 1 egg and beat well. Stir in 1 3/4 cups boiling water. Stir while cooking until it thickens. Add 1 tablespoon cooking oil and 1/3 cup lemon juice.

MRS. L. T. HAGLE.

## APRICOT DRESSING

- |                              |                             |
|------------------------------|-----------------------------|
| 1 cup apricot juice and pulp | 1-2 tablespoons lemon juice |
| 2 tablespoons cornstarch     | 1 cup whipped cream         |

Heat apricot juice and pulp, add cornstarch moistened with a little cold juice or water. Boil 2 minutes. Cool slightly and add lemon juice, beat 1 minute. Chill and beat just before mixing with the whipped cream. Canned or cooked apricots are to be used. This is especially good for a carrot and apple salad.

BERTHA SHOLLENBURG.

## FRUIT DRESSING

- |                     |                        |
|---------------------|------------------------|
| 2 eggs              | 1/2 teaspoon salt      |
| 1 cup sugar         | 1/2 cup lemon juice    |
| 2 tablespoons flour | 2 cups pineapple juice |

Mix ingredients together and cook in a double boiler, stirring constantly.

DELPHIA HARDY-LUNDEEN.

## SALAD DRESSING FOR GRAPEFRUIT OR AVOCADO

- |                            |                                  |
|----------------------------|----------------------------------|
| 1/2 cup sugar              | 1 tablespoon salt                |
| 1/4 cup lemon juice        | Paprika                          |
| 2 tablespoons olive oil    | 2 tablespoons minced celery      |
| 2 tablespoons minced onion | 1 tablespoon minced green pepper |

Mix all ingredients well. Chill until ready to serve. Serve with avocado, grapes and grapefruit or Delicious apples, canned pears and grapefruit.

MRS. RUTH PALMER.

## AVOCADO MAYONNAISE

Put the pulp of 2 avocados through a sieve. Into this stir slowly 3 tablespoons olive oil, and 2 tablespoons lemon juice. Add seasonings as desired (no paprika). Very good on diced cold vegetables heaped in the hollow of halved avocado pears.

EMMA JOHNSON.

## ASPARAGUS AND PEAS WITH EGG SAUCE

- |                           |                         |
|---------------------------|-------------------------|
| 2 cups fresh asparagus    | 2 cups milk             |
| 2 cups shelled fresh peas | 1/2 teaspoon salt       |
| 2 tablespoons butter      | 2 hard boiled eggs      |
| 2 tablespoons flour       | 6 slices buttered toast |

Cut asparagus in small pieces. Cook peas and asparagus separately, drain and combine. Melt the butter in a double boiler, remove from fire and add flour. Stir until blended. Add milk and place over boiling water to cook, stirring until thick. Add salt and the hard boiled eggs, chopped. Arrange the vegetables on pieces of toast and pour the sauce over all. Serves 6.

LORENA UPDEGRAVE.

## CREAMED LIMA BEANS AND ASPARAGUS TIPS

- |                          |                              |
|--------------------------|------------------------------|
| 2 cups cooked lima beans | 2 cups canned asparagus tips |
| 1/2 cup grated cheese    | 1/2 cups medium white sauce  |

Prepare white sauce, add lima beans, asparagus tips and cheese. Cook until thoroughly heated and serve over toast points or in ramekins or patty shells.

EVELYN DEGERING-VULLIET.

## ASPARAGUS LOAF

- |                         |                         |
|-------------------------|-------------------------|
| 1/2 cup cracker crumbs  | 2 tablespoons butter    |
| 1 cup milk              | 1 teaspoon salt         |
| 2 eggs, slightly beaten | 1 teaspoon grated onion |
| 2 cups asparagus        |                         |

Cut the asparagus into inch lengths. Roll crackers with the rolling pin until finely crushed. Beat the eggs, add the seasoning and milk, cracker crumbs and the asparagus. Turn into the buttered baking dish and bake in a moderate oven. Serve with white sauce or parsley sauce.

MRS. F. W. PETERSON.

## EGGS LATTICED WITH ASPARAGUS

- |                           |                    |
|---------------------------|--------------------|
| 2 bunches asparagus       | 5 hard cooked eggs |
| 2 cups medium white sauce | Pimiento           |

Trim asparagus and heat to boiling point. Prepare white sauce and halve the eggs lengthwise. Place a layer of sauce in the bottom of a casserole. Place a layer of asparagus tips along the bottom with two halves of eggs between each tip. Cover with remaining white sauce. Garnish with strips of pimiento and pour a little melted butter over all. Bake.

MRS. P. W. CHRISTIAN.

## ASPARAGUS WITH MOUSSELINE SAUCE

- |                               |                           |
|-------------------------------|---------------------------|
| 1 can asparagus               | 4 tablespoons butter      |
| 3 tablespoons asparagus water | 1/2 teaspoon lemon juice  |
| 1 1/2 tablespoons lemon juice | 2 tablespoons thick cream |
| 2 egg yolks                   | 1/2 teaspoon salt         |

Drain the asparagus and place carefully in a sauce pan. Cover with boiling water and heat thoroughly. Drain and serve hot with a sauce made as follows: Into upper part of a small double boiler pour 3 tablespoons asparagus water, add 1 1/2 tablespoons lemon juice and yolks of 2 eggs. Stir and cook over hot water until mixture thickens. Remove from the fire and add 4 tablespoons butter in small pieces, letting each melt before adding another. Add 1/2 teaspoon lemon juice and 2 tablespoons thick cream and 1/2 teaspoon salt.

MRS. F. W. PETERSON.

## FRIED ASPARAGUS

Cut asparagus in pieces and salt. Fry slowly in butter or oil.

MRS. W. S. BOYNTON.



## A HOT SALAD

- 1 quart string beans, cooked    1 onion  
 1/4 cup lemon juice                Salt to taste

Chop the onion finely and pour the lemon juice over it. Have the beans boiling and just before serving pour the onion and juice over them and mix well.

BERTHA SHOLLENBURG.

## ITALIAN BEANS

- 2 medium sized onions            1 cup thick tomato puree  
 1 cup chopped parsley            4 cups cooked string beans  
 2 tablespoons butter               Seasoning to taste

Fry chopped onion and parsley in butter until brown. Add beans and tomato puree. Salt to taste and simmer over slow fire for 20 minutes in uncovered kettle.

FRANCES MOHR.

## HARVARD BEETS

- 2 cups beets, cooked, diced    1/2 tablespoon cornstarch  
 1/4 cup sugar                        1/4 cup beet juice or water  
 2 tablespoons oil                   1/3 cup lemon juice

Mix sugar and cornstarch. Add lemon juice, oil and water and boil 5 minutes. Add beets and simmer over low heat 20 minutes.

MRS. RUTH COOPRIDER.

## YALE BEETS

- 2 cups cooked diced beets    1/3 cup orange juice  
 1/4 cup sugar                        1/2 tablespoon cornstarch  
 2 tablespoons oil                   1/4 cup beet juice or water

Mix sugar and cornstarch. Add orange juice, oil and water and boil for 5 minutes. Add beets and simmer on low heat for 15 to 20 minutes.

MRS. RUTH COOPRIDER.

## RAW VEGETABLE ROAST

Grease pan, slice into it a layer of raw potatoes, then a layer of onion, a layer of peas or carrots or more potato and onion and finish off with a layer of parsnips. Dot with butter and add 1/2 cup water. Bake until tender.

MRS. HARVEY DEER.

## CAULIFLOWER POLONAISE

- 3 tablespoons butter            1/4 teaspoon celery salt  
 4 tablespoons flour            2 cups cooked cauliflower  
 2 cups milk                        1 hard boiled egg  
 1/2 teaspoon salt                1 tablespoon chopped parsley  
 1/4 teaspoon paprika            1/2 cup grated cheese

Melt butter, add flour and when blended add milk and seasoning. Cook until creamy sauce forms. Add cauliflower, egg and chopped parsley. Pour into buttered shallow baking dish. Sprinkle grated cheese over the top. Bake 20 minutes in a moderate oven.

MRS. G. W. BOWERS.

## CAULIFLOWER FRITTERS

- 1 medium head cauliflower    1 tablespoon flour  
 1 tablespoon butter            1/2 cup milk  
 1 egg yolk                        Salt

Parboil the cauliflower and separate it into flowerlets. Dip each section into a batter made of the remaining ingredients. Fry quickly in deep fat.

ALTA MAE ALMANDINGER-DAHLEN

## CARROT TIMBALES

- 2 cups grated carrots            2 tablespoons melted butter  
 1/2 cup bread crumbs            1/2 cup milk  
 2 eggs                                1 teaspoon salt

Wash, scrape and grate carrots and mix with bread crumbs. Beat eggs and add seasoning, fat and milk to them. Add this to the carrots and crumbs. Fill greased baking dish or popover cups. Set in pan of hot water and bake in moderate oven until firm.

MRS. ALVAH BRINGLE.

## CORN PUDDING

- 2 eggs, well beaten            1/4 cup bread crumbs  
 1 cup milk                        1 tablespoon butter  
 1 teaspoon salt                1/8 teaspoon paprika  
 1 cup canned corn            1 teaspoon sugar

Mix eggs, milk and seasoning. Add corn and blend. Pour into buttered baking dish. Sprinkle top with bread crumbs. Dot with butter and bake in a moderate oven (350° F.) for 30 minutes. Serves 4.

MRS. DICK FRYE.

## QUICK CORN PLATTER

- 1 can whole-kernel corn       3 tablespoons butter  
 4 eggs                                Dash of paprika  
 2 tablespoons parsley           Salt

Turn can of corn into skillet and boil until the liquid is practically all evaporated. Scramble the 4 eggs and season with salt and chopped parsley. Put butter in the corn and put in the center of a platter. Put the scrambled eggs around the corn on the platter. Garnish with paprika and serve at once.

MRS. N. J. PERKINS.

## GREEN CORN RECIPE

- 2 cups fresh corn, cut from    1 1/2 cups milk  
   cob                                2 tablespoons melted butter  
 1 finely chopped green        1 teaspoon salt  
   pepper                            2 beaten eggs  
 1 chopped red pimiento

Mix ingredients and put in well-greased casserole. Set in a pan of lukewarm water and bake in oven at 325° F. for 40 minutes.

MRS. ALVAH BRINGLE.

## CORN MIXTURE

- 2 cups cooked noodles        2 tablespoons chopped celery  
 1 1/2 cups cooked corn        4 tablespoons butter  
 1/3 cup grated cheese        1/2 cup bread crumbs  
 1 cup milk                        1 teaspoon salt  
 2 tablespoons chopped onion 1 egg

Mix all ingredients together and bake 30 minutes in a moderate oven. Serve plain or with tomato gravy.

MRS. EBERHARDT.

## CORN TAMALE

- 1 onion                                3/4 cup corn meal  
 1/4 cup oil                        1/2 cup milk  
 2 cups tomatoes                2 eggs, well beaten  
 2 cups corn                        Salt to taste  
 Olives if desired                2 tablespoons butter

Mince the onion and slightly brown in the oil. Add to the remaining ingredients and mix well. Bake one hour in medium slow oven in a covered dish. When about done remove the cover and brown the top.

MRS. TED DAVIS.



## SCALLOPED RAW CABBAGE

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 pint shredded cabbage          | $\frac{3}{4}$ teaspoon salt       |
| $1\frac{1}{2}$ cups milk         | $\frac{1}{2}$ cup grated cheese   |
| $1\frac{1}{2}$ tablespoons flour | $\frac{3}{4}$ cup buttered crumbs |
| 2 tablespoons butter             |                                   |

Make a white sauce, stir in the cheese. Place thin layer of cabbage in pan or casserole, then a layer of the hot sauce, alternating until all is used. Spread buttered crumbs on top. Bake uncovered in moderate oven for about 40 minutes or until much of the milk has been absorbed, and top is brown. Serve promptly.

DAISY SCHLUNTZ.

## FRENCH CABBAGE

Cut up 1 medium sized head of cabbage, cook until tender. Drain and cool. Chop very fine. Add 2 tablespoons butter, salt and  $\frac{1}{2}$  cup cream. Heat in frying pan and when very hot stir in 2 well beaten eggs. Stir constantly until the eggs are cooked. Serve very hot.

ALICE WENTWORTH.

## CARROT RING

- |                             |                         |
|-----------------------------|-------------------------|
| 2 cups shredded raw carrots | $\frac{1}{2}$ cup milk  |
| 2 tablespoons butter        | 1 teaspoon sugar        |
| 2 tablespoons flour         | 4 eggs, slightly beaten |
| 1 tablespoon grated onion   | 1 teaspoon salt         |

Pour into greased ring mold; set in pan of water and bake at 300° F. about 1 hour, or until a knife blade comes out clean and not milky. Serve at once with buttered peas in center. The mixture may also be baked in a shallow pan and cut into squares for serving.

MRS. H. R. EMMERSON.

## GLORIFIED CARROTS

- |                              |               |
|------------------------------|---------------|
| 2 cups cooked grated carrots | Salt to taste |
| 2 cups fresh bread crumbs    | Eggs to mix   |

Mix ingredients together, using enough eggs to moisten to the consistency for croquettes. Shape and fry in deep fat. Serve with green peas or onions in cream sauce.

MRS. STRAUSS CUBLEY, *Club of Little Gardens*.

## CARROTS IN EGG SAUCE

- |                             |                      |
|-----------------------------|----------------------|
| 3 cups diced cooked carrots | 3 hard boiled eggs   |
| 2 cups medium white sauce   | 2 tablespoons butter |

Drain carrots and season with salt and butter. Chop the eggs into the white sauce. Pour this over the carrots in a baking dish and bake in a medium oven for 15 minutes.

OLIVE JENKINS.

## CARROTS EN CASSEROLE

- |                       |                           |
|-----------------------|---------------------------|
| 4 cups ground carrots | 4 tablespoons brown sugar |
| 1 teaspoon salt       | 1 cup thin cream          |

Put layer of ground carrots in bottom of casserole. Add salt and 1 teaspoon sugar. Repeat until dish is nearly full. Cover with thin cream and bake.

MRS. ROSE GUSTAFSON.

## THREE-IN-ONE

- |             |                             |
|-------------|-----------------------------|
| 6 carrots   | Salt to taste               |
| 6 onions    | 2 tablespoons butter        |
| 10 potatoes | $\frac{1}{2}$ cup rich milk |

Boil carrots and onions together and potatoes separately. When thoroughly cooked put together and mash after they have drained well. Add salt, butter and milk. Serve hot. A gravy may be made from the broth.

ALICE NEHRING.

## EGGPLANT

- |                |                                |
|----------------|--------------------------------|
| 1 eggplant     | Salt                           |
| 2 eggs         | Sage                           |
| 1 small onion  | 1 teaspoon soy sauce           |
| 1 green pepper | $\frac{1}{2}$ cup bread crumbs |

Dice eggplant and cook in small amount of water. Mash or put through ricer. Add the beaten eggs, onion, green pepper and seasonings. Add bread crumbs, mold into patties or small balls and fry in a generous amount of fat.

MRS. WALTER BUNCH.

## EGG PLANT EN CASSEROLE

- |                    |                                   |
|--------------------|-----------------------------------|
| 2 medium eggplants | $\frac{1}{2}$ teaspoon salt       |
| Fat for frying     | 2 large green peppers             |
| 1 onion            | $\frac{1}{2}$ pound grated cheese |
| 1 can tomato soup  | 2 eggs                            |

Cut eggplant in slices  $\frac{1}{2}$  inch thick, pare them, dip each slice in flour or beaten egg and fry. Fry the onion and peppers to a light brown. Arrange in casserole as follows: Cover the bottom of the casserole with a layer of the fried eggplant, next add a layer of onions and pepper, then cheese rubbed through a sieve. Repeat until all is used and cover with the soup. Bake until a golden brown.

MRS. ALVAH BRINGLE.

## BAKED SAVORY EGGPLANT

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 medium eggplant                    | $\frac{1}{4}$ teaspoon sage |
| 1 tablespoon onion                   | 2 tablespoons oil           |
| $\frac{1}{2}$ cup diced sweet pepper | 2-3 tomatoes                |
| 2 tablespoons parsley                | 3 tablespoons flour         |

Pare and dice the eggplant and cook in slightly salted water until tender, then drain and save the water. Put the onion, pepper, parsley, sage and oil into a saucepan and let simmer over the fire for a few minutes, but do not brown. Add the flour and stir, then add 1 cup of the liquid from the cooked eggplant. Add the eggplant. Line a buttered baking pan with thin slices of buttered bread and pour over it  $\frac{1}{2}$  of the eggplant mixture. Cover with slices of fresh tomatoes, then add another layer each of bread, eggplant and tomatoes. Rub a slice of bread through a grater over the top and press down with a spoon to moisten the crumbs. Bake in a moderate oven for 30 or 40 minutes until the bread is toasted and the tomatoes are tender.

MRS. RICHARD LEWIS.

## STUFFED EGGPLANT IN THE SHELL

- |                    |                                |
|--------------------|--------------------------------|
| 1 eggplant         | 1 teaspoon poultry seasoning   |
| 2 eggs             | or $\frac{1}{2}$ teaspoon sage |
| 1 cup bread crumbs | $\frac{1}{2}$ cup nuts         |
| 1 cup top milk     | $\frac{1}{2}$ cup mushrooms    |

Take eggplant and cut off sides to make it like a bowl. Scoop out the inside and boil in salt water for 10 minutes. Mash and add other ingredients. Put this mixture in the shell and bake until done and brown.

MRS. W. F. HAHN, *Club of Little Gardens*.

## ONION SHORTCAKE

- |                      |                                |
|----------------------|--------------------------------|
| 2 cups onion         | 2 eggs, beaten                 |
| 2 tablespoons water  | $1\frac{1}{2}$ cups sour cream |
| 2 tablespoons butter | Salt to taste                  |
|                      | Biscuit dough                  |

Chop the onions finely. Cook with the water and butter in a frying pan until clear. Place a thin layer of biscuit dough in a pan. Mix the eggs with the onions and place on top of the dough. Cover with the sour cream. Bake slowly about 30 minutes.

MRS. V. D. HAWLEY, ALTA DAHLEN.



## POTATOES O'BRIEN

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 6 medium sized potatoes         | 1/2 cup finely chopped green pepper |
| 1/2 cup finely chopped pimiento | 2 tablespoons minced onion          |
|                                 | Salt                                |

Wash, pare and cut potatoes into 1/2 inch cubes. Dry between towels. Fry in skillet with just enough fat to keep them from burning until brown. They should be turned frequently during cooking and not pressed close to the pan. Add the pimiento, green pepper and onion when the potatoes are partially done and cook the remaining period.

EMMA JOHNSON.

## TOASTED BAKED POTATOES

- |                               |                        |
|-------------------------------|------------------------|
| 6 to 8 medium sized potatoes  | 1/2 cup cracker crumbs |
|                               | 1/2 cup cooking oil    |
| 1 egg, well beaten and salted |                        |

Pare and trim potatoes into uniform balls. Dip each potato into the oil, next the crumbs, and last, the egg. Place in well oiled shallow baking dish. Bake until tender and delicately browned.

MRS. H. W. WENTWORTH.

## MEAL IN ONE DISH

- |                                   |                        |
|-----------------------------------|------------------------|
| 3 cups cooked chopped onion       | Butter                 |
|                                   | 1/4 cup cheese or eggs |
| 2 cups hot creamy mashed potatoes | Salt                   |
|                                   | 2 tablespoons cream    |

Put the onions in a buttered baking dish. Season with salt and butter to taste. Add cream. Put the mashed potato over the top in a layer. For each person to be served, make a depression in potatoes, drop in an egg. Bake until eggs are done and serve. If desired, cheese can be grated over the top, as a variation from the eggs.

ALICE WENTWORTH.

## POTATO DUMPLINGS

- |                    |                 |
|--------------------|-----------------|
| 6 medium potatoes  | 2 eggs          |
| 1/2 onion          | Flour           |
| Butter             | Salt            |
| 1 cup bread crumbs | Nutmeg to taste |

Boil potatoes, and when cold peel and grate. Add finely minced onion. Fry bread crumbs in butter until brown. Add to grated potato 2 eggs and sufficient flour so as not to be sticky. Season and shape into balls. Boil in salted water for about 15 minutes. Serve with fried bread crumbs.

EVELYN DEGERING-VULLIET.

## LONG BRANCH POTATOES

- |                        |                      |
|------------------------|----------------------|
| 5 cold boiled potatoes | 1 teaspoon parsley   |
| 2 tablespoons butter   | 1/2 cup thin cream   |
| 1/2 teaspoon salt      | 1/8 teaspoon paprika |

Cut potatoes in very fine dices, put in shallow saucepan and add cream. Cook very slowly until nearly all the milk is absorbed. Add butter, salt and parsley and put in hot oven until slightly brown on top.

ALTA MAE ALMANDINGER-DAHLEN.

## CANDIED YAMS

Boil yams until done and remove skins. Cut in halves or quarters; put in baking pan with a very generous amount of brown sugar and butter. Bake slowly until candied.

MRS. W. S. BOYNTON.

## YAM AND APPLE CASSEROLE

- |               |              |
|---------------|--------------|
| 3 boiled yams | Brown sugar  |
| 3 apples      | Butter       |
|               | Dash of salt |

Pare apples and slice thin. Peel yams and alternate layers of sliced yams with sliced apple, sprinkling each layer with about 1 tablespoon of brown sugar and dotting the mixture with butter. Bake in a moderate oven until apples are tender.

MRS. RICHARD LEWIS.

## HAWAIIAN SWEET POTATOES

- |                             |                     |
|-----------------------------|---------------------|
| 1 cup mashed sweet potatoes | 1 tablespoon butter |
|                             | Salt to taste       |
| 1/4 cup grated pineapple    |                     |

Combine pineapple with potatoes and place in greased baking dish. Dot with butter. Brown in a moderate oven for about 20 to 25 minutes.

FOODS LABORATORY.

## GREEN GIANT RING MOLD

- |                        |                          |
|------------------------|--------------------------|
| 2 cups carrot pulp     | 1 teaspoon chopped onion |
| 1 teaspoon salt        | 1 cup milk               |
| 1/4 tablespoon paprika | 2 tablespoons butter     |
| 3 eggs                 | 1 cup peas               |

Cook carrots until tender. Rice and measure out 2 cups of them. Season. Beat eggs, add milk, salt, onion and paprika. Pour into a greased ring mold, place in a pan of warm water and bake at 375° F. for 35 minutes. Saute peas in butter. Unmold carrots on a serving dish and arrange peas in the center.

MRS. G. W. BOWERS.

## CREAMED PEAS WITH MUSHROOMS

- |                       |                       |
|-----------------------|-----------------------|
| 1 can peas            | 1 cup rich milk       |
| 1 small can mushrooms | 2 tablespoons butter  |
| 1/2 can pimiento      | 2-4 tablespoons flour |

Partially drain the peas and mushrooms. Chop pimiento and combine with peas and mushrooms. Heat. Make a medium white sauce from the remaining ingredients. The juice drained from the peas may be combined with the milk if desired. Mix hot white sauce with hot vegetables just before serving. Serve alone, as a filling for a noodle ring, patty shells or on hot biscuits. Serves 6.

BERTHA SHOLLENBURG.

—:— —:— —:—

Cook green vegetables in an open kettle without acid, and they will stay green.

—:— —:— —:—

Boiled potatoes or other white vegetables which have turned yellow may be made white again by adding a little lemon juice.

—:— —:— —:—

A little lemon juice added to beets will make them a brilliant color.



## PEAS ESPECIAL

- |                           |                       |
|---------------------------|-----------------------|
| 2 cups medium white sauce | 1 No. 2 can peas      |
| 1/2 pound cheese          | 1 cup buttered crumbs |
| 4 hard cooked eggs        |                       |

Place in buttered casserole in layers, first: half of buttered bread crumbs; second: half of peas; third: half of the eggs sliced about a quarter of an inch thick; fourth: half the white sauce; fifth: half the cheese, followed by the other half of the peas, etc, with the other half of the bread crumbs on top. Bake about 30 minutes in a moderate oven. Asparagus may be used instead of peas.

LILAH GODFREY.

## STUFFED PEPPERS

- |                      |                    |
|----------------------|--------------------|
| 1 cup milk           | 1 teaspoon Vegex   |
| 1 cup cooked rice    | 1/2 teaspoon sage  |
| 1/2 cup bread crumbs | 1/2 cup tomatoes   |
| 1 egg                | Salt to taste      |
| 1 medium onion       | Cheese, if desired |

Mix Vegex in the milk and combine all ingredients. Prepare peppers by cutting tops off and centers out and cover with water and boil until they change color a little. Stuff peppers. Put in a pan and bake 45 minutes.

MRS. D. A. HART.

## BAKED ITALIAN SQUASH

- |                       |                      |
|-----------------------|----------------------|
| 6 Italian squash      | 3 tomatoes           |
| 1 tablespoon butter   | Salt to taste        |
| 1/2 cup grated cheese | 1/2 cup tomato sauce |

Slice the tomatoes and squash into buttered baking dish in alternating layers. Pour sauce over all, sprinkle with cheese, salt, and dot with butter. Bake until squash is tender or about 30 to 40 minutes.

ALTON WHEELER.

## SUMMER SQUASH CUTLETS

- |                     |                              |
|---------------------|------------------------------|
| 1 summer squash     | 1 tablespoon evaporated milk |
| 1 cup grated cheese | Cracker meal                 |
| 1 egg               | Salt to taste                |

Choose young crook-neck or round squash tender enough to pierce readily with the finger nail. Wash thoroughly but do not peel or remove seeds. Slice in half-inch slices and sprinkle with salt. Let stand while beating egg. Add milk to egg. Dip squash in milk and egg, then into grated cheese. Do this twice. Roll in cracker meal. Fry in a small amount of clear fat, turning when brown. Fry slowly and serve hot.

ALTON WHEELER.

## SCALLOPED ZUCCHINI OR SUMMER SQUASH

- |                             |                             |
|-----------------------------|-----------------------------|
| 3 cups cooked squash        | 2 eggs                      |
| 1/2 cup rich or canned milk | 3/4 cup graham bread crumbs |
| Salt to taste               |                             |

Beat eggs and milk together, add squash, the crumbs and salt. Bake in a casserole in a moderate oven until firm.

MRS. RUTH COOPRIDER.

## SPINACH WITH EGG AND CHEESE

Cook the spinach and drain. Beat 2 to 4 eggs and mix with the drained spinach. Place in a baking dish. Sprinkle quite a bit of grated cheese on top. Bake in a moderate oven until the eggs are set. Serve with lemon juice.

MRS. ETHEL SMITH, *Club of Little Gardens.*

## CREAMED TOMATOES

- |                         |                     |
|-------------------------|---------------------|
| 12 to 14 small tomatoes | 2 tablespoons flour |
| Salt                    | 1 pint sour cream   |

Choose firm tomatoes. Peel and salt. Let stand for 1/2 hour and strain. Stir the flour into the sour cream and pour over tomatoes in a baking pan. Heavy cream sauce may be used instead of sour cream. Bake until tomatoes are cooked.

OLIVE JENKINS.

## TOMATO SOMMERSET

- |                                |                           |
|--------------------------------|---------------------------|
| 3 cups tomatoes, canned or raw | 1 tablespoon green pepper |
| 1 cup rolled cracker crumbs    | 1 teaspoon salt           |
| 1 cup yellow cheese, grated    | 1 tablespoon onion        |
| 1/2 cup diced celery           | 1/4 teaspoon paprika      |
|                                | 1/4 cup melted butter     |

Melt butter, stir in part of the crumbs and cheese, reserving 3/4 cup for the top. Mix all together and bake 20 minutes, covered. Put crumbs and cheese on top and bake 10 minutes uncovered.

MRS. BILL LEE, *Club of Little Gardens.*

## GLORIFIED TURNIPS

- |                       |              |
|-----------------------|--------------|
| 2 cups mashed turnips | 2 egg yolks  |
| 2 tablespoons butter  | 2 egg whites |
| Salt                  | 1/2 cup milk |

Add salt and butter to hot mashed turnips. Beat the egg yolks and add the milk. Mix with turnips. Fold in stiffly beaten egg whites last. Bake in moderate oven for 20 to 30 minutes.

OLIVE JENKINS.

## SOYBEAN SPROUTS

Select vessel with a cover and holes in it for drainage and large enough to increase bulk six times. Soak beans overnight. Set in warm place in container. Flood with warm water 4 or 5 times daily during sprouting period or about 5 or 6 days. Treat as any fresh vegetable. Serve raw or cooked.

MRS. R. L. COLLINS.

## VEGETABLE TIMBALES

- |                        |                      |
|------------------------|----------------------|
| 1/4 cup cooked rice    | 2 tablespoons butter |
| 1/4 cup cooked peas    | 2 tablespoons flour  |
| 1/4 cup cooked carrots | 1 egg yolk           |
| 1 cup milk             | Salt                 |

Make a sauce of the milk, butter, flour and egg yolk. Add cooked vegetables. Place in individual molds and bake in a pan of hot water until firm. Bake at 400° F.

MRS. G. W. BOWERS.

## VEGETABLE PIE

- |                       |                            |
|-----------------------|----------------------------|
| 1 medium onion        | 1/4 cup peas               |
| 2 carrots             | 1 tablespoon butter        |
| 2 large stalks celery | 1/2 cup Savita cream sauce |
| 1/4 cup mushrooms     | Biscuit dough              |
| 1/4 cup string beans  | Salt                       |

Cut all vegetables into small pieces. Cook them and all the other ingredients, except dough, in enough salted water to cover until the vegetables are soft. Pour into a pie dish. Cover with the dough and bake in a hot oven until the pastry is done. Serve hot.

MRS. F. W. PETERSON.



## OKRA

Pick okra while tender, cut crosswise in  $\frac{1}{2}$  inch pieces and salt. Sift enough flour over the pieces to absorb the slimy moisture. Put oil or butter in deep frying pan, add okra, cover and cook rather slowly until somewhat browned and dry. Take cover off toward the last. A little onion may be used as flavor if desired.

MRS. W. S. BOYNTON.

## SPINACH LOAF

- |                    |                         |
|--------------------|-------------------------|
| 1 quart spinach    | 1 pint cottage cheese   |
| 1 pint tomatoes    | 1 teaspoon Vegex        |
| 2 eggs             | 1 teaspoon minced onion |
| 1 tablespoon sugar | Salt to taste           |
| 2 tablespoons oil  |                         |

Put spinach through a food chopper and place in mixing bowl with cottage cheese, tomatoes, salt and sugar. Put oil in small frying pan and when oil begins to get hot add onion. When onions brown, add Vegex and dissolve. Add spinach mixture. Beat eggs lightly and combine all ingredients. Place oiled paper in a bread pan, and fill with the mixture. Bake until set firm. Slice and serve with sauce. Swiss chard may be prepared in same way.

MARGARET GREEN.

## STEWED CABBAGE AND TOMATOES

- |                          |                     |
|--------------------------|---------------------|
| 1 quart chopped cabbage  | 1 tablespoon butter |
| 3 cups strained tomatoes | 1 teaspoon salt     |

Stew cabbage in uncovered dish with strained tomatoes until tender. Add butter and salt and serve.

MRS. ALVAH BRINGLE.

## GERMAN FRIED CABBAGE

- |                             |                     |
|-----------------------------|---------------------|
| 1 medium cabbage, quartered | 2 tablespoons flour |
| 2 tablespoons butter        | Salt                |

Boil quartered cabbage hard for 10 minutes, drain and chop fine. Do not let stand uncovered. Heat butter in a frying pan and add the flour and stir until nicely browned. Add cabbage and cook slowly for 8 minutes, stirring all the time. Season with salt and serve hot.

MRS. N. J. PERKINS.

## SPINACH LOAF

- |                                    |                                |
|------------------------------------|--------------------------------|
| 2 cups boiled, finely cut spinach  | $\frac{1}{2}$ cup bread crumbs |
| $\frac{1}{4}$ cup minced raw onion | Salt to taste                  |
| 1 egg, well beaten                 | Butter to taste                |
| $\frac{1}{4}$ cup cheese, grated   | 2 cups tomato sauce            |

Combine all ingredients except tomato sauce. Place in a well-oiled baking dish. Bake until firm. Serve piping hot with tomato sauce.

ALICE WENTWORTH.

## TURNIP PUFF

- |                             |                             |
|-----------------------------|-----------------------------|
| 2 cups hot mashed potatoes  | $\frac{1}{2}$ teaspoon salt |
| 2 cups hot mashed turnips   | 2 tablespoons sweet cream   |
| 2 tablespoons melted butter | 1 egg, well beaten          |

Combine all ingredients. Bake in well-oiled baking dish about 20 minutes in hot oven. Serve hot in the baking dish. Carrots or rutabagas may be used in place of turnips.

ALICE WENTWORTH.

## BAKED TOMATOES

- |                          |                             |
|--------------------------|-----------------------------|
| 6 tomatoes               | $\frac{1}{2}$ teaspoon salt |
| 2 cups soft bread crumbs | 1 tablespoon butter         |

Wash tomatoes and cut off stem ends; remove pulp from center and fill with crumbs, seasoned with salt. Sprinkle with crumbs. Place small piece of butter on each. Bake 30 minutes. The pulp may be seasoned to taste, thickened and served as a sauce.

ELEANOR WENTWORTH.

## CASSEROLE PARSNIPS AND TOMATOES

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 1 onion                               | 1 teaspoon salt                     |
| 1 tablespoon butter                   | 1 teaspoon sugar                    |
| $1\frac{1}{2}$ cups strained tomatoes | $3\frac{1}{2}$ cups boiled parsnips |
| $\frac{1}{3}$ cup bread crumbs        | $\frac{1}{3}$ cup bread crumbs      |

Cook onion in butter until golden brown. Add strained tomatoes and seasoning. Simmer until a smooth sauce is formed. Place a layer of dry cooked parsnips in a shallow pan. Pour over it a layer of sauce. Continue this and have a layer of parsnips on top. Cover with bread crumbs and brown in the oven. Serves 8.

MRS. G. W. BOWERS.

## CREAMED PARSNIPS

- |                              |                           |
|------------------------------|---------------------------|
| 6 parsnips                   | 3 tablespoons brown sugar |
| $\frac{2}{3}$ cup sour cream | Salt                      |

Cook parsnips in salt water and drain. Mix sour cream and sugar and pour over parsnips. Brown in the oven.

OLIVE JENKINS.

## THICKENING POWER OF FLOUR OR CORN-STARCH

## Thin Sauce

With each cup of liquid:

- |                        |   |
|------------------------|---|
| 1 tablespoon flour or  | May be used in making cream soups, thin |
| 1 teaspoon corn-starch | cheese sauce and toast.                 |

## Medium Sauce

- |                         |   |
|-------------------------|---|
| 2 tablespoons flour or  | Use for creamed vegetables, scalloped     |
| 2 teaspoons corn-starch | dishes, gravies or other sauces where a   |
|                         | medium thickness is desired. It has about |
|                         | the thickness of heavy cream.             |

## Thick Sauce

- |                          |  |
|--------------------------|--|
| 3 tablespoons flour or   | Used for creamed vegetables, scalloped   |
| 1 tablespoon corn-starch | dishes, gravies, or sauces where a thick |
|                          | sauce is desired. This has considerable  |
|                          | body and spreads rather than runs.       |

## Very Thick Sauce

- |                         |   |
|-------------------------|---|
| 4 tablespoons flour or  | Makes a paste when cold. Use for cro-       |
| 4 teaspoons corn-starch | quettes, souffles, blanc manges and similar |
|                         | puddings.                                   |

For making white sauce use the same amount of butter as flour and use milk, light cream or vegetable water for the liquid. Melt butter and stir in the flour, gradually stir in liquid and stir until mixture boils and thickens. Add seasoning.



## ITALIAN EGGS

- |                            |                      |
|----------------------------|----------------------|
| 2 tablespoons olive oil    | 1/4 teaspoon salt    |
| 2 tablespoons onion        | 1/4 teaspoon paprika |
| 2 tablespoons green pepper | 4 hard cooked eggs   |
| 1 1/2 cups milk            | 1 egg, beaten        |
| 2 tablespoons flour        | 2 tablespoons celery |

Heat oil in frying pan and add chopped onions to brown with chopped peppers and celery. Add flour and mix thoroughly. Add milk and cook until creamy sauce forms. Add seasoning and eggs, sliced. Cook 2 minutes and add beaten egg. Mix and serve over toast.

MRS. HAROLD REITH.

## ITALIAN EGGS WITH CHEESE

- |                      |                        |
|----------------------|------------------------|
| 4 hard cooked eggs   | 1/4 cup chopped celery |
| 3 tablespoons butter | 1/2 teaspoon paprika   |
| 4 tablespoons flour  | 1/2 teaspoon salt      |
| 2 tablespoons onion  | 1/3 cup grated cheese  |
| 2 cups tomatoes      |                        |

Melt butter and add flour. Blend and add tomatoes and cook until thick. Add celery, onion, salt and paprika. Pour sauce over sliced eggs that are in the baking dish. Sprinkle with grated cheese and bake 20 minutes.

MRS. ALVAH BRINGLE.

## SCALLOPED EGGS

- |                            |                                 |
|----------------------------|---------------------------------|
| 6 hard cooked eggs         | 1 cup parboiled, sliced carrots |
| 1/2 cup buttered crumbs    | 2 cups medium white sauce       |
| 2 tablespoons green pepper |                                 |

Make the white sauce with 1 cup evaporated milk and 1 cup water. Fill casserole or baking dish 3/4 full with layers of sliced hard cooked eggs, crumbs, chopped pepper and carrots. Pour white sauce over it and top with crumbs. Bake in a moderate oven.

MRS. ALVAH BRINGLE.

## CHEESE FONDUE

- |                              |                         |
|------------------------------|-------------------------|
| 1 1/4 cups soft bread crumbs | 1/4 teaspoon salt       |
| 1 cup milk                   | 1/2 pound grated cheese |
| 3 eggs                       |                         |

Add milk to bread crumbs. Beat egg yolks and add with salt and seasoning to bread and grated cheese. Fold in stiffly beaten egg whites last. Bake in a moderate oven (350° F.) for 50 minutes. Serves 4; recipe can be doubled satisfactorily.

MYRTLE REITH-LEO.

## RICE CROQUETTES

- |                             |                     |
|-----------------------------|---------------------|
| 1 cup boiled rice           | 2/3 cup white sauce |
| 2 tablespoons peanut butter | 1 egg               |

Mix together, shape into croquettes, roll in crushed cornflakes. Fry in deep fat. Serve with mushroom gravy.

MRS. M. L. MACLAFFERTY.

## CARROT SOUFFLE

- |                          |                               |
|--------------------------|-------------------------------|
| 1 cup medium white sauce | 1 cup chopped carrots, cooked |
| 3 egg yolks              | 3 egg whites                  |

Beat egg yolks until thick and lemon colored; add white sauce and chopped cooked carrots and fold in stiffly beaten egg whites. Bake in buttered baking dish in a slow oven for 45 minutes.

MRS. D. A. HART.

## COTTAGE CHEESE SOUFFLE

- |                         |                   |
|-------------------------|-------------------|
| 2 quarts cottage cheese | 3 eggs            |
| 1 medium onion          | 2 teaspoons salt  |
| 2 tablespoons butter    | Poultry seasoning |

Braise the finely chopped onions in the butter. Beat eggs. Mix all the ingredients together and bake in a moderate oven until thoroughly heated. Pour cream sauce over the souffle before serving. Make cream sauce by browning 1/4 pound butter until almost black. Add 1 tablespoon flour and stir well. Add 2 cups medium cream and bring to a boil.

## STUFFED EGGS

- |                    |                           |
|--------------------|---------------------------|
| 6 eggs             | 1 tablespoon oil          |
| 1 slice Protose    | 2 tablespoons lemon juice |
| 1/4 cup sour cream | Salt to taste             |
| 6 olives           |                           |

Place hard cooked eggs in cold water to loosen shell and peel. Cut crosswise and remove yolks. Add the oil and sour cream to the yolks and mix well. Then add lemon juice, minced Protose, olives and seasoning. Refill eggs and fasten together with toothpicks. Garnish with cut olives. Halves may be filled heaping full and served separate.

E. G. FULTON.

## EGG NESTS

- |              |                      |
|--------------|----------------------|
| 6 egg whites | 6 slices toast       |
| 6 egg yolks  | 3 tablespoons butter |

Beat egg whites stiff, using 1 for each serving. Season with salt. Pile on buttered toast rounds and place an egg yolk in the center of each mound. Dot with butter and bake in a hot oven until cooked and brown. Grated cheese may be sprinkled over it.

MRS. STANLEY WALKER.

## PEANUT BUTTER SOUFFLE

- |                          |                   |
|--------------------------|-------------------|
| 2/3 cup peanut butter    | 1 teaspoon salt   |
| 1 cup tomato puree       | 2 cups water      |
| 1/2 onion, grated        | 3 eggs, separated |
| 1 cup dried bread crumbs |                   |

Mix all ingredients together except egg whites. Fold in stiffly beaten egg whites last. Bake in a buttered pan about 45 minutes to 1 hour. Serve with tomato sauce.

MRS. GEORGE KRETSCHMAR.

## ASPARAGUS AND EGGS AU GRATIN

- |                               |                               |
|-------------------------------|-------------------------------|
| 1 cup buttered crumbs         | 4 hard cooked eggs            |
| 2 tablespoons grated cheese   | 1 can asparagus tips          |
| 1 1/2 cups diced cream cheese | 1 tablespoon lemon juice      |
| 1 1/2 cups medium white sauce | 2 tablespoons minced pimiento |
| Salt to taste                 |                               |

Grease a shallow baking dish and sprinkle evenly with part of the crumbs which have been blended with the grated cheese. Combine the diced cheese and white sauce. Part of the liquid from asparagus may be used in making white sauce. Carefully pour half of this into dish over the crumbs, top with half of the eggs and asparagus, seasoning the various layers. Repeat and top with remaining crumbs and bake about 20 minutes in moderate oven. Other vegetables may be used in this way.

MRS. J. McCULLOCH.



## BEAN SOUFFLE

- |                          |                          |
|--------------------------|--------------------------|
| 1 pint bean pulp         | 1/2 teaspoon celery salt |
| 4 eggs, separated        | 1/2 teaspoon onion salt  |
| 1 tablespoon lemon juice | 1 teaspoon salt          |

Press stewed or baked beans through a colander and add the lemon juice and seasoning to the pulp. Beat the egg yolks until light and lemon colored and add to the bean pulp. Beat the whites until stiff and fold into the pulp. Turn into oiled baking dish or individual dishes. Set in hot water and bake in a moderate oven for 25 to 30 minutes. Serve at once.

Mrs. C. H. CASEY.

## PARSNIP CROQUETTES

- |                     |                           |
|---------------------|---------------------------|
| 4 medium parsnips   | 1/4 teaspoon paprika      |
| 1 tablespoon butter | 2 tablespoons lemon juice |
| 1 teaspoon salt     | 1 egg                     |

Cook parsnips until tender and mash thoroughly. Add butter, salt and paprika, lemon juice and beaten egg. Mix until creamy. Spread on a platter and chill. Form into croquettes and dip into crumbs. Dip into beaten egg and crumbs again. Fry in deep fat until brown.

Mrs. G. W. BOWERS.

## EGG CROQUETTES

- |                              |                            |
|------------------------------|----------------------------|
| 4 hard cooked eggs           | 1 tablespoon grated cheese |
| 2 tablespoons bread crumbs   | 1/4 cup salad dressing     |
| 1 tablespoon chopped celery  | Cracker crumbs             |
| 1 tablespoon chopped parsley |                            |

Put eggs through coarse sieve, add all ingredients and blend with dressing. Form into medium sized balls and roll in cracker crumbs. Do not use mayonnaise, but regular salad dressing. Fry in a pan.

Mrs. O. H. ALMANDINGER.

## MOCK CHICKEN CROQUETTES

- |                         |                              |
|-------------------------|------------------------------|
| 1/2 cup mashed potatoes | 1/4 cup walnuts, chopped     |
| 1/4 cup nut butter      | 2 tablespoons minced Nuteena |
| 1 hard cooked egg,      | 1 cup boiled rice            |
| chopped fine            | 2 teaspoons salt             |
| 1/4 cup browned onion   | 1 egg, beaten                |
| 1 teaspoon sage         | 1/2 cup toasted bread crumbs |
| 1/2 cup hot water       |                              |

Mix all together and form into croquettes. Dip into beaten eggs and milk and roll in buttered browned bread crumbs. Bake in moderate oven until brown.

Mrs. JOHN BAUER, JR.

## SAVORY OMELET

- |                         |                        |
|-------------------------|------------------------|
| 4 eggs                  | 1/2 cup cottage cheese |
| 1/4 cup milk            | 1 tablespoon oil       |
| 1/2 cup mashed potatoes | Salt                   |

Separate eggs. Beat yolks, add milk, salt, potatoes and cottage cheese. Fold in stiffly beaten whites. Bake in a moderate oven (325° F.) 25 minutes or until firm to the touch.

MARGARET GREEN.

## PUFFY RICE OMELET

- |                   |                     |
|-------------------|---------------------|
| 5 eggs            | 1/4 teaspoon salt   |
| 1 cup cooked rice | 1 tablespoon butter |

Separate eggs and beat separately. Add salt to yolks and fold in stiffly beaten whites and cooked rice. Turn into buttered frying pan. Cook over a low flame until the bottom is set and browned. Put under broiler to brown top of omelet.

Mrs. STANLEY WALKER.

## PUFFY OMELET

- |                                 |                   |
|---------------------------------|-------------------|
| 6 eggs                          | 1/2 teaspoon salt |
| 4 tablespoons hot water or milk | 1 tablespoon fat  |

Separate yolks from whites. Beat yolks until thick and add water and salt. Fold in beaten whites. Melt fat in omelet pan. Turn in mixture and spread evenly. Cook slowly, turning pan so omelet will brown evenly. When it is puffed up and brown on bottom place in oven to cook on top. Fold and turn on hot platter and serve at once.

## MUSHROOM OMELET

- |                     |                     |
|---------------------|---------------------|
| 1 cup mushrooms     | 1 teaspoon salt     |
| 1 tablespoon butter | Puffy omelet recipe |
| 1 cup milk or cream | 1 tablespoon flour  |

Use fresh or canned mushrooms. Cut into bits. Melt the butter in a sauce pan, add mushrooms, the milk or cream and the salt and flour which has been mixed to a paste with a little cold water or milk. Cook for 5 minutes, then set aside until omelet is made. Spread mushroom mixture over omelet just before folding.

Mrs. ALVAH BRINGLE.

## EGGS BAKED IN TOMATO

- |                          |                      |
|--------------------------|----------------------|
| 1 cup canned tomatoes    | 2 tablespoons butter |
| 2 cups soft bread crumbs | 1/2 teaspoon salt    |
| 6 eggs                   | 1/4 teaspoon paprika |

Pour tomatoes into greased baking dish and add 1 cup of the bread crumbs and mix well. Break eggs whole into the dish. Melt butter in a pan and stir in remaining crumbs. Stir until well buttered and slightly browned. Sprinkle over eggs with a little salt. Bake in a slow oven (300° F.) for 15 to 20 minutes.

Mrs. G. W. BOWERS.

## EGG CUTLETS

- |                         |                              |
|-------------------------|------------------------------|
| 6 hard cooked eggs      | 1 teaspoon onion juice       |
| 1 cup thick white sauce | 1 tablespoon chopped parsley |
| 1/2 teaspoon paprika    |                              |

Season white sauce with paprika, onion juice and parsley. Add eggs, coarsely chopped. Set away to cool. Dust hands with flour. Shape mixture into croquettes. Fry in deep fat.

Mrs. CLAUDE THURSTON.

## CHEESE SOUFFLE

- |                          |                     |
|--------------------------|---------------------|
| 2 tablespoons shortening | 3 eggs              |
| 2 tablespoons flour      | 1/2 teaspoon salt   |
| 1 cup milk               | 1 cup grated cheese |
| Paprika                  |                     |

Melt shortening, blend in flour. Add hot milk gradually, cook until slightly thick. Stir in beaten egg yolks, salt and cheese. Remove from fire, cool a little and fold in beaten egg whites. Pour in greased casserole. Sprinkle with paprika and bake in slow oven 30 minutes. (Be sure to bake slowly.)

Mrs. P. L. WILLIAMS.

## RICE CHEESE SOUFFLE

- |                                |         |
|--------------------------------|---------|
| 1 1/2 cups cooked rice         | 3 eggs  |
| 1 1/2 cups white sauce         | Salt    |
| 1 1/2 cups grated cream cheese | Paprika |

Season white sauce then add grated cheese, stirring until cheese is melted. Add rice. Beat egg yolks and stir into mixture. Fold in egg whites, and bake in oiled pan set in pan of hot water, 30 minutes.

Mrs. W. F. MARTIN.



## WHITE FRUIT CAKE

- |                           |                         |
|---------------------------|-------------------------|
| 2 cups butter             | 1/2 pound citron peel   |
| 2 cups sugar              | 1/2 pound coconut       |
| 4 cups flour              | 1/2 cup cider           |
| 1 pound candied pineapple | 8 eggs                  |
| 1 pound almonds           | 2 tablespoons rosewater |
| 1 pound cherries          | Dash of salt            |

Cut fruit and peel in pieces. Put rosewater on almonds and let stand overnight. In morning cream butter and sugar. Add beaten yolks, coconut soaked in 2 tablespoons milk, cider, flour and beaten whites. Add fruit and nuts last. Bake 4 hours.

VERDA DEER.

## FARINA NUT CAKE

- |                   |                                 |
|-------------------|---------------------------------|
| 5 eggs, separated | 1 teaspoon vanilla              |
| 1 cup sugar       | 1 cup walnuts or pecans, minced |
| 3/4 cup farina    | 1/4 teaspoon salt               |

Beat yolks until thick and lemon-colored. Add sugar, beating continuously. When smooth fold in farina, nuts, salt and vanilla. Fold in the stiffly beaten whites. Pour in a ring mold and bake 45 minutes at 350° F. Split in half and fill with sweetened whipped cream; or bake in tube pan and fill the center with whipped cream or a rich soft custard.

MRS. P. W. CHRISTIAN.

## WALNUT CAKE

- |                             |                         |
|-----------------------------|-------------------------|
| 3 cups walnuts, ground fine | 2 cups granulated sugar |
| 7 eggs                      | 2 teaspoons cornstarch  |

Mix cornstarch with sugar and add to walnuts. Add egg yolks which are beaten to a lemon color. Fold in stiffly beaten whites. Bake in 2 layers in a slow oven for about 20 minutes. Mix together 1 cup light brown sugar, 1 tablespoon butter and 3/4 cup boiling water and cook until strings are formed. Use as top and filling for cake.

EVELYN DEGERING-VULLIET.

## FIRELESS FRUIT CAKE

- |                |                             |
|----------------|-----------------------------|
| 1 cup raisins  | 1/2 cup powdered sugar      |
| 1 cup walnuts  | 1 cup graham cracker crumbs |
| 1 cup cream    | 1 teaspoon nutmeg           |
| 1/2 cup citron | 1/4 teaspoon salt           |

Make cracker crumbs as fine as possible. Cover raisins with water and let stand. Cut citron and nuts in very small pieces. Stir sugar and cream together until smooth. Drain raisins and add to cracker crumbs. Add citron, nuts, spices, salt, sugar and cream. Mix thoroughly. Line a baking dish with waxed paper and pour in mixture. Place in refrigerator. Serve sliced with whipped cream.

MRS. L. M. HUDSON.

## SOUR CREAM CAKE

- |                          |                   |
|--------------------------|-------------------|
| 1 cup thick sour cream   | 4 eggs            |
| 1 1/2 cups sugar         | 1/4 teaspoon salt |
| 1 teaspoon lemon extract | 3 cups flour      |
| 3 teaspoons vanilla      |                   |

Beat the egg yolks until thick and lemon colored. Add sugar and flavoring to cream. Beat with an egg beater. Add beaten yolks and salt. Beat until light and fluffy. Add flour a little at a time and beat in. Add stiffly beaten whites last. Raisins, nuts, or other fruit may be added if desired. Bake in cup cakes or loaf.

## CHOCOLATE ROLL

- |                              |                  |
|------------------------------|------------------|
| 1/2 cup sugar                | 5 egg yolks      |
| 2 rounding tablespoons cocoa | 5 egg whites     |
|                              | *Chocolate sauce |
|                              | Whipping cream   |

Beat the yolks and stir into cocoa and sugar. Fold in well beaten whites and bake in a well-greased pan in a slow oven. (300-325° F.) When cool remove from pan and spread with whipped cream. Roll up like a jelly roll in a cloth. Serve sliced with hot chocolate sauce.

## \*Chocolate Sauce

- |                          |                      |
|--------------------------|----------------------|
| 2 cups brown sugar       | 3 cups boiling water |
| 1 cup white sugar        | 1 teaspoon vanilla   |
| 3 tablespoons cornstarch | 1 tablespoon butter  |
| 2-3 tablespoons cocoa    |                      |

Cook in double boiler until thick.

DELPHA HARDY-LUNDEEN.

## SNOW-WHIRL CHOCOLATE ROLL

- |                                 |                      |
|---------------------------------|----------------------|
| 6 tablespoons sifted cake flour | 3/4 cup sifted sugar |
| 6 tablespoons breakfast cocoa   | 4 egg whites, beaten |
|                                 | 4 egg yolks, beaten  |
| 1/4 teaspoon salt               | 1 teaspoon vanilla   |

Sift flour once, measure, add cocoa, and salt and sift three times. Fold sugar into beaten egg whites. Fold in yolks and vanilla, then flour gradually. Pour into greased pan lined with greased paper and bake in a hot oven (400° F.) 13 minutes. Quickly cut off crisp edges. Turn onto cloth covered with powdered sugar. Remove paper and spread with Seven Minute Frosting and roll. Wrap in cloth until cool. Frost if desired.

DAISY SCHLUNTZ.

## LADY FINGERS

- |                           |                        |
|---------------------------|------------------------|
| 1/3 cup sifted cake flour | 1/3 cup powdered sugar |
| 1 whole egg               | 2 egg whites, beaten   |
| 2 egg yolks               | Dash of salt           |

Sift flour, measure and sift three times. Combine whole egg, egg yolks, and salt and beat until thick and lemon colored. Fold sugar into egg whites and continue beating until mixture stiffens again. Fold in egg yolk mixture, vanilla and flour. Shape into oblongs, 4 1/4 x 3/4 inches on ungreased paper in baking pan. Bake in moderate oven for 12 minutes. Makes 30 lady fingers.

## CHOCOLATE CAKE

- |                       |                    |
|-----------------------|--------------------|
| 5 eggs                | 1/2 cup oil        |
| 1/2 teaspoon salt     | 1 teaspoon vanilla |
| 3/8 cup boiling water | 2 cups flour       |
| 1 1/2 cups sugar      | 1/4 cup cocoa      |

Set dish containing eggs and salt in a pan of very hot water. Beat with a rotary beater until eggs are slightly more than blood warm. Remove from water and continue beating until batter piles. Add boiling water slowly with beating. Beat until batter piles again. Beat in the sugar gradually. Fold in the oil lightly and mix well. Add flavoring. Sift flour and cocoa together over the top of the batter, 1/2 cup at a time and fold in lightly until smooth. Bake in ungreased pans, tube, loaf, or cup cake. Bake 45 minutes at 325° F. and increase to 350° F. for 15 minutes. Invert pan to cool.

BERTHA SHOLLENBURG.



## BOILED SPONGE CAKE

- |                           |                    |
|---------------------------|--------------------|
| 4 large eggs (or 5 small) | 1½ cups flour      |
| 1½ cups sugar             | Pinch of salt      |
| ½ cup water               | ¼ teaspoon vanilla |

Boil sugar and water together until it spins a very fine hair (225° F.). Beat egg whites with a flat whip. Combine with syrup as for divinity. Whip until it cools. Beat yolks with dover beater until light and fold into syrup and egg whites. Measure flour and sift 4 times with salt. Add flavoring and fold in flour by cutting in with spatula. Bake in ungreased pan in a very slow oven 45 minutes to 1 hour. Ice with the following: Beat 1 whole egg, 2 tablespoons solid fat and ¼ cup milk together with a dover beater. Add powdered sugar to make the right consistency for spreading. When too heavy for dover beater, use a whip.

MRS. E. S. CUBLEY.

## ORANGE SPONGE CAKE

- |                          |                       |
|--------------------------|-----------------------|
| 4 eggs, separated        | 1 orange, grated rind |
| 6 tablespoons cold water | 1 cup flour           |
| 1 cup sugar              | ¼ teaspoon salt       |
| ½ orange, juice          |                       |

Add 3 tablespoons cold water to the yolks and beat until very stiff. Add the sugar gradually, beat in a small amount at a time. Add grated orange rind and juice. Beat well. Fold the flour into the egg yolks and sugar. Add the salt and 3 tablespoons cold water to the egg whites and beat until stiff and fold in. Bake in a slow oven.

MRS. J. C. HAUSSLER.

## LEMON SPONGE CAKE

- |                          |                         |
|--------------------------|-------------------------|
| 6 eggs                   | 1½ teaspoons lemon rind |
| 1 cup sugar              | 1 cup cake flour        |
| 1½ teaspoons lemon juice | ¼ teaspoon salt         |

Beat egg whites until stiff, add half sugar gradually. Beat egg yolks until thick and add other half of the sugar. Add lemon juice and grated rind. Fold into whites. Fold in flour and salt. Bake in an ungreased 9-inch tube pan in a slow oven for 1 hour. Increase heat to moderate for last part. Cool before removing from pan.

MRS. CLIFFORD GERKING.

## BAKING POWDERLESS CAKE

- |                          |                      |
|--------------------------|----------------------|
| 2 cups sugar             | 1 cup milk           |
| 5 tablespoons shortening | ½ teaspoon salt      |
| 3 eggs                   | 1 teaspoon flavoring |
| 3 cups flour             |                      |

Cream sugar and shortening, add egg yolks and flavoring and beat. Add part of milk and beat. Add remaining milk and stir. Add flour and fold in beaten whites last. Bake in a moderate oven.

MRS. GWYNNE DALRYMPLE.

## QUICK CAKE

- |                      |               |
|----------------------|---------------|
| 1½ cups pastry flour | 3 eggs        |
| ½ cup oil            | 1 cup sugar   |
| ⅓ cup boiling water  | Pinch of salt |

Break eggs in mixing bowl, add salt and pour in boiling water and beat until fluffy. Add the sugar gradually, then oil with continuous beating. Fold in the flour with an open spoon. Bake 8 to 10 minutes in a hot oven.

MRS. G. M. PRICE.

## WHITE LAYER CAKE

- |                         |                            |
|-------------------------|----------------------------|
| 1¾ cups sugar           | 2½ cups pastry flour, warm |
| 1¼ cups warmed milk     | 4 egg whites               |
| 1 cake compressed yeast | 1 teaspoon lemon extract   |
| 1 teaspoon vanilla      | 1 teaspoon salt, scant     |
| ⅔ cup shortening        |                            |

Put yeast in glass jar; cover with warm water. Add a little sugar. Cream shortening. A little milk added to the shortening helps it to cream quickly. Add sugar gradually and beat until light. Add the flour and milk alternately. Add flavoring, salt and dissolved yeast last. Fold the batter into the beaten egg whites. Put into 3 oiled layer tins, let rise and bake in a very moderate oven.

MRS. G. W. MILLER.

## BREAD CAKE

- |                     |                           |
|---------------------|---------------------------|
| 2 cups bread sponge | Flour to make cake batter |
| 1 cup shortening    | 1 teaspoon cinnamon       |
| 2 cups sugar        | 1 teaspoon nutmeg         |
| 2 eggs              | 1 cup raisins             |
| 1 cup walnuts       |                           |

Combine shortening, sugar and eggs with the sponge. Stir well and add a little flour sifted with the spices. Add more flour if needed. Put in pan, let rise and bake for 1 hour. The pan may be heavily buttered and sprinkled with brown sugar, or the cake may be spread on top with a mixture of butter and brown sugar.

LORENA UPDEGRAVE.

## SUNSHINE CAKE

- |                         |                            |
|-------------------------|----------------------------|
| 1 cup sifted cake flour | ½ teaspoon cream of tartar |
| ¼ teaspoon salt         | ½ teaspoon lemon extract   |
| 6 egg whites            | 4 egg yolks, beaten        |
| 1 cup sifted sugar      |                            |

Sift flour, measure, add ½ of the sugar and sift together 4 times. Add salt to egg whites and beat with flat wire whip. When foamy add cream of tartar and beat until whip leaves faint line when drawn across surface of egg whites. Add remaining sugar gradually and continue beating until texture is very fine and even and egg whites hold their shape but are not dry. Fold in egg yolks beaten until thick and lemon colored, and lemon extract. Sift a small amount of flour over mixture and fold in carefully until all the flour is added. Pour into ungreased tube pan and bake in a slow oven (300° F.) 30 minutes, then increase heat slightly (325° F.) and bake 35 minutes longer. Invert pan until cold before removing.

DAISY SCHLUNTZ.

## IMPERIAL SUNSHINE CAKE

- |                            |                      |
|----------------------------|----------------------|
| ⅞ cup sifted cake flour    | ⅓ cup water          |
| ½ teaspoon cream of tartar | 5 egg whites, beaten |
| ¼ teaspoon salt            | 5 egg yolks, beaten  |
| 1¼ cups sugar              | 1 teaspoon flavoring |

Sift flour once, measure, add cream of tartar and salt and sift together 4 times. Boil sugar and water until a small amount of syrup forms a soft ball in cold water or spins a long thread (233° F.). Pour syrup in a fine stream over stiffly beaten egg whites beating constantly. Continue beating as mixture cools. Fold in beaten egg yolks and flavoring. Add flour a small amount at a time. Pour into ungreased tube pan. Bake in a slow oven for 40 minutes, then decrease heat and bake 30 minutes longer.

MRS. L. E. ESTEB.



## YELLOW ANGEL FOOD

- |                  |                         |
|------------------|-------------------------|
| 1 cup egg yolks  | 1½ cups flour           |
| ½ cup cold water | 1¼ cups sugar           |
| Pinch of salt    | 1 teaspoon lemon flavor |

Beat water and egg yolks 15 minutes, then add the remaining ingredients as for angel food.

## CREOLE SPONGE CAKE

- |                             |                          |
|-----------------------------|--------------------------|
| ¾ cup Swans Down cake flour | 1 tablespoon lemon juice |
| ¼ teaspoon salt             | 5 egg yolks, beaten      |
| 5 tablespoons cocoa         | 5 egg whites, beaten     |
|                             | 1 cup sifted sugar       |

Sift flour once, measure, add salt and cocoa and sift together 4 times. Add lemon juice to egg yolks and beat until very light. Fold sugar gradually into egg whites; then fold in egg yolks, and finally the flour. Bake in an ungreased tube pan in a slow oven (300° F.).

DAISY SCHLUNTZ.

## SPICE CAKE

- |                   |                          |
|-------------------|--------------------------|
| 4 egg yolks       | 2 tablespoons cornstarch |
| ½ cup cold water  | 1½ cups cake flour       |
| 1 teaspoon salt   | 1 teaspoon cinnamon      |
| ½ cup oil         | ¼ teaspoon nutmeg        |
| 1 cup white sugar | 4 egg whites, beaten     |
| ¾ cup brown sugar | ½ cup walnuts            |

Beat egg yolks, water and salt until light. Fold in oil. Sift sugar, cornstarch, flour, spices and brown sugar together 6 times and fold in. Add very finely chopped nuts. Fold in stiffly beaten egg whites last. Bake in a loaf or tube pan for 20 minutes at 325° F. and increase to 350° F. for 40 minutes.

BERTHA SHOLLENBURG.

## GOOD HEALTH CAKE

- |                   |                          |
|-------------------|--------------------------|
| 3 eggs            | ¼ teaspoon salt          |
| 3 tablespoons oil | ¼ teaspoon banana flavor |
| ¾ cup sugar       | ½ teaspoon lemon flavor  |
| ¾ cup flour       | ½ teaspoon vanilla       |

Warm the mixing bowl and the eggs. Separate the eggs and add the salt to the whites and beat until very stiff. Add the yolks one at a time, beating with each. Add the oil gradually with beating. Add sugar and flavoring in same way. Fold in flour. Grease and flour the pan lightly before baking.

MRS. J. A. WATNESS.

## DOROTHY'S ORANGE LOAF CAKE

- |               |                    |
|---------------|--------------------|
| 8 egg whites  | ½ cup oil          |
| 4 egg yolks   | ¼ cup orange juice |
| 1½ cups sugar | 1 orange rind      |
| 1½ cups flour | ¼ teaspoon salt    |

Measure all ingredients and have ungreased angel pan ready. Add salt to whites and beat stiff. Add sugar and beat until creamy. Add grated rind. Beat yolks stiff with orange juice and fold in. Sift flour on top and fold in while adding oil in a steady stream. Bake in a moderate oven 45 to 60 minutes. Invert pan to cool.

EDNA KENDALL.

## DATE LOAF CAKE

- |                      |                    |
|----------------------|--------------------|
| 1 pound stoned dates | ½ teaspoon salt    |
| 1 pound walnut meats | 1 cup sugar        |
| 1 cup pastry flour   | 4 egg whites       |
| 4 egg yolks          | 1 teaspoon vanilla |

Put the dates and nut meats in a bowl and sift the flour and salt over them. Mix together with a spoon. Add the sugar and mix in well. Add the beaten egg yolks, and vanilla. Fold in the egg whites beaten dry, very carefully. Bake in 2 small bread tins fitted with oiled paper in the bottom. Bake slowly for 1 hour.

CORNFORTH, MRS. R. L. COLLINS.

## FRUIT CAKE

- |                    |                          |
|--------------------|--------------------------|
| 4 eggs, separated  | 1½ teaspoons cinnamon    |
| ¾ cup sugar        | 2 cups whole wheat flour |
| 1 teaspoon vanilla | 1 cup raisins            |
| ¼ teaspoon salt    | 1 cup dates              |
| 1 lemon, juice     | 1 cup walnuts            |
| ½ cup oil          | ½ lemon or orange rind   |
| ½ cup hot water    | ¾ cup sugar              |

Beat egg yolks slightly and add ¾ cup sugar and cream. Add vanilla, salt, lemon juice and emulsion made by beating the hot water and oil together until creamy. Add to the other ingredients. Add cinnamon and flour and mix well. Add raisins, nuts and dates, chopped fine. Add the egg whites which have been beaten with ¾ cup sugar. Bake in a moderate oven.

MRS. LLOYD GRUNKE.

## MATRIMONIAL CAKE

- |                     |                   |
|---------------------|-------------------|
| 1 cup butter        | 1 package dates   |
| 1¼ cups rolled oats | 1 cup white sugar |
| 1¼ cups flour       | ¾ cup water       |
| 1 cup sugar         |                   |

Work the butter, rolled oats and flour together with the finger tips, then add sugar. Grease a tin and spread ⅓ of this in the pan. Boil together the chopped dates, other cup sugar and water. When done spread over the mixture in the pan and cover with the rest of the first mixture. Bake for one-half hour.

VERDA DEER.

## PINEAPPLE UPSIDE-DOWN CAKE

- |                     |                               |
|---------------------|-------------------------------|
| 1 cup brown sugar   | ½ cup boiling water           |
| ⅓ cup melted butter | 1 cup sugar                   |
| Sliced pineapple    | ⅓ cup oil                     |
| 3 eggs              | ¾ teaspoon vanilla            |
| ¼ teaspoon salt     | 1½ cups Swans Down cake flour |

Melt the butter in a fairly shallow baking pan and mix the brown sugar with it. Spread evenly on bottom and arrange sliced pineapple on it. Set dish containing eggs and salt over a pan of boiling water. Beat until eggs are about 100° F. and remove from hot water. Continue beating until eggs hold their shape. Add boiling water slowly and continue beating. When batter holds its shape, beat in the sugar. Add flavoring with oil. Fold in the oil. Sift about ⅓ of the flour at a time over the top and fold in. Pour into prepared pan and bake in a slow oven until done. Turn upside down on a rack when baked.

BERTHA SHOLLENBURG.



## BURNT SUGAR CAKE

1/2 cup sugar	1 1/2 cups sugar
2/3 cup boiling water	1/2 cup oil
5 eggs	1 teaspoon vanilla
1/2 teaspoon salt	2 1/4 cups Swans Down cake flour

Melt 1/2 cup sugar in a frying pan until it is a rich brown color. Add boiling water to this and stir until it is dissolved. Add more boiling water if necessary to make 2/3 cup liquid. Set bowl containing eggs and salt over boiling water. Beat until eggs are slightly more than 100° F. and remove from water. Beat until batter piles. Add the 2/3 cup burnt sugar solution slowly with beating. This should be boiling hot when added. Beat until batter piles. Beat in sugar gradually. Fold in the oil lightly and well. Add vanilla. Sift 1/4 cup of flour at a time over the top and fold in. Bake in a tube or layer pan. Bake at 325° F. for 25 minutes. Increase to 350° F. for remaining 25 minutes, or until done.

FOODS LABORATORY.

## BAKED DOUGHNUTS

1 cup lukewarm milk	1/3 cup oil
2 1/2 cups sifted pastry flour	1/2 cup sugar
1 cake compressed yeast	1 teaspoon salt
1/4 cup sugar	2 beaten eggs
	2 cups sifted pastry flour

Set a sponge of the milk, 2 1/2 cups pastry flour and yeast. When light stir in 1/4 cup sugar and oil. Let rise and when light add the remaining ingredients. Mix thoroughly. Will be too soft to knead. Set in warm place to rise. Knead it together when light. Put on a floured board, roll out 3/4-inch thick and cut with doughnut cutter. Place on oiled baking sheet 1 inch apart and let rise in a warm place. Let rise about 1/2 inch, *not more*; bake. When baked brush with a syrup made from 1/4 cup sugar and 1 tablespoon hot water, and roll in granulated sugar.

CORNFORTH, MRS. R. L. COLLINS.

## GOLDEN ANGEL FOOD

1 1/2 cups sugar	1 1/2 cups flour
4 eggs separated	1/2 cup boiling water
1 tablespoon cold water	Pinch of salt
1 tablespoon lemon juice	

Beat sugar, beaten egg yolks, cold water and lemon juice for 10 minutes. Add flour sifted 4 times and 1/2 cup boiling water with a pinch of salt. Beat egg whites until stiff but not dry, and fold into batter slowly. Moisten pan with cold water. Bake in a loaf or 2 layers.

MISS FREDA TREFFZ.

## ANGEL FOOD CAKE

11 egg whites	1 1/2 cups granulated sugar
1/4 teaspoon salt	1 teaspoon cream of tartar
1 cup Swans Down cake flour	1 teaspoon flavoring

Add salt to egg whites, and when half beaten, sift in cream of tartar. Continue to beat until stiff. Spoon in 1/2 the sugar and then add the extract. Fold in flour slowly, which has been sifted with the other half of the sugar 4 times. Bake 30 minutes at 250° F. and bake remaining 30 minutes at 350° F. When done, turn pan upside down for cake to cool before removing.

MRS. S. D. SMITH.

## MOLASSES CAKE

3 eggs	1/2 cup oil
1/2 cup sugar	2 tablespoons water
1/2 cup molasses	Spice
1 1/2 cups flour	Salt
	Vanilla

Separate the whites from the yolks. Whip the oil into the yolks. Beat the whites until stiff. Gradually beat the sugar into the beaten whites, add the yolks and the molasses, salt, flavoring and water. Fold in flour and spice. Bake in a moderate oven.

MR. H. L. HOLMDEN.

## LAYER CAKE

4 eggs	1/2 cup boiling water
1/2 teaspoon salt	1 cup granulated sugar
1 teaspoon vanilla flavoring	1/2 cup vegetable oil
A few drops lemon flavoring	1/2 cup corn syrup
	3 cups sifted white flour

Add salt and flavoring to eggs. Beat until thick and add hot water gradually, beating constantly. Add sugar. Beat in oil gradually, then corn syrup. Fold in flour. Pour into oiled and floured pans. Bake in quick oven 10-12 minutes. Allow cake to remain in tins 10 minutes before removing them. Makes three layers.

MRS. CLAUDE THURSTON.

## WHOLESOME CAKE

2 eggs	1/2 cup nut meats
1/2 cup honey	Vanilla if desired
3 tablespoons shortening	Enough bread dough to make one loaf of bread
1/2 cup raisins	

Place dough in mixing bowl and add other ingredients mixing thoroughly. Place in buttered bread pan. Let rise. Bake in moderate oven. To serve cut in thin slices and butter.

MRS. THEODORE MONROE.

## CURRANT AND COCONUT CAKE

1 cup milk	2/3 cup water
1/2 cake yeast	1 cup currants
4 1/4 cups pastry flour	1 cup coconut
3/4 cup butter	Vanilla
1 1/4 cups sugar	1 egg white

Make sponge of yeast, warm milk, and half of flour. Beat well and let rise. When light add 2/3 cup warm water. Cream butter and sugar. Add sponge gradually, and beat well, add 2 cups flour (warm). Beat well. Add warmed fruit and coconut which has been mixed with remaining 1/4 cup flour. Add vanilla. Fold in beaten egg white. Put in loaf pans or one large pan. Let stand in warm place until bubbles appear—from 2 to 3 hours. It does not come up light as bread does when rising. Bake in slow oven about 1 1/2 to 2 hours according to size of pans.

LIDA BURROWS.



## FUDGE FROSTING

- |  |                          |
|--|--------------------------|
| 2 squares unsweetened<br>chocolate, grated | Dash of salt             |
| $\frac{2}{3}$ cup milk                     | 2 tablespoons corn syrup |
| 2 cups sugar                               | 2 tablespoons butter     |
|  | 1 teaspoon vanilla       |

Add chocolate to milk and place over low flame. Cook until mixture is smooth and blended, stirring constantly. Add sugar, salt and corn syrup, stir until sugar is dissolved and mixture boils. Continue cooking, without stirring until a small amount of mixture forms a very soft ball in cold water (232°F.). Remove from fire and add butter and vanilla. Cool to lukewarm (110°F.). Beat until the right consistency to spread. Makes enough frosting to cover top and sides of two 9-inch layers.

## CHOCOLATE CREAM FROSTING

- |                                    |   |
|------------------------------------|---|
| 3 squares unsweetened<br>chocolate | 1 egg, slightly beaten                  |
| $\frac{1}{2}$ cup whipping cream   | 1 teaspoon flavoring                    |
|                                    | $\frac{3}{2}$ cups confectioners' sugar |

Melt the chocolate with the cream in the double boiler. Add slightly beaten egg and cook until thick and smooth. Remove from the stove and add the sugar gradually, beating till smooth. Add flavoring, vanilla or almond, last of all. This is best for a white or chocolate layer cake.

MRS. L. T. HAGLE.

## SWISS CHOCOLATE FROSTING

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 package cream cheese           | 1 ounce chocolate              |
| 4 tablespoons top milk           | $\frac{1}{2}$ teaspoon vanilla |
| 2 cups powdered sugar,<br>sifted | Pinch of salt                  |

Softens cream cheese with milk, and add salt. Add sugar gradually and beat well after each addition. Add melted chocolate and vanilla and beat until smooth.

MRS. L. M. HUDSON.

## HUNGARIAN CHOCOLATE FROSTING

- |                                    |                            |
|------------------------------------|----------------------------|
| 4 squares unsweetened<br>chocolate | 1 cup confectioners' sugar |
| 2 tablespoons hot water            | $\frac{1}{2}$ cup butter   |
| 2 eggs, well beaten                |                            |

Grate chocolate and melt in double boiler, add hot water and blend. Add eggs and sugar. Remove from fire, but allow mixture to stand over hot water, stirring constantly until it is thickened. Cool quickly to lukewarm. Add butter, 2 tablespoons at a time, stirring and blending after each addition. Makes enough frosting to cover tops and sides of three 9-inch layers. Can be kept in refrigerator until needed. Spread when nearly cold.

DAISY SCHLUNTZ.

## CHOCOLATE FROSTING

- |  |                     |
|--|---------------------|
| $\frac{2}{2}$ squares bitter chocolate | 1 cup sugar         |
| 1 egg yolk                             | 1 tablespoon butter |
| 3 tablespoons milk                     | 1 teaspoon vanilla  |

Cut up the chocolate. Whip the egg yolk with the milk. Mix together and bring to a boil. Remove from fire and beat with a wire whip until thick enough to spread and cool.

MRS. CLYDE SMITH.

## LEMON BUTTER FROSTING

- |   |   |
|---|---|
| 3 tablespoons butter                    | Dash of salt                              |
| $\frac{1}{2}$ cups confectioners' sugar | $\frac{1}{4}$ grated lemon or orange rind |
| 2 teaspoons lemon juice                 |   |

Cream butter until soft. Add sugar alternately with lemon juice. Add salt. Beat until smooth and light and add grated rind. Makes enough frosting for 18 cup cakes.

## BUTTER FROSTING

- |                                    |                             |
|------------------------------------|-----------------------------|
| 4 tablespoons butter               | 1 teaspoon vanilla          |
| 2 cups sifted confectioners' sugar | 3 tablespoons cream or milk |

Cream butter until very soft. Add sugar gradually, blending thoroughly. Add vanilla. Thin with milk, a drop at a time until of right consistency to spread. Makes enough frosting to cover top and sides of 8x8 inch cake.

FOODS LABORATORY.

## SEA FOAM FROSTING

- |   |                     |
|---|---------------------|
| 2 egg whites, unbeaten                          | Dash of salt        |
| $\frac{1}{2}$ cups brown sugar<br>firmly packed | 5 tablespoons water |
|   | 1 teaspoon vanilla  |

Put egg whites, sugar, salt and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary beater and cook seven minutes, or until frosting will stand in peaks. Remove from fire and add vanilla. Beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.

DAISY SCHLUNTZ.

## ORANGE SEVEN-MINUTE FROSTING

- |                          |  |
|--------------------------|--|
| 2 egg whites, unbeaten   | $\frac{1}{2}$ teaspoons light corn syrup |
| $\frac{1}{2}$ cups sugar | 5 tablespoons orange juice               |
|                          | 2 teaspoons grated rind                  |

Put egg whites, orange juice, sugar and corn syrup in the upper part of the double boiler. Beat with rotary beater until well mixed. Place over rapidly boiling water and beat constantly, cooking 7 minutes or until the frosting stands up in peaks. Remove from the heat, add grated orange rind and beat until thick enough to spread. Water may be substituted for the orange juice and 1 teaspoon vanilla for the rind. Spread on the cake; when cool, a chocolate crown may be poured over. Melt the chocolate with the butter over hot water and pour over the frosted cake, letting the mixture run down over the sides.

MRS. L. T. HAGLE.

## COCONUT FROSTING

- |   |                            |
|---|----------------------------|
| 2 egg whites, unbeaten                          | 1 teaspoon dark corn syrup |
| $\frac{3}{4}$ cup brown sugar, firmly<br>packed | Dash of salt               |
| $\frac{3}{4}$ cup granulated sugar              | 1 teaspoon vanilla         |
| 5 tablespoons water                             | 1 cup shredded coconut     |

Put egg whites, brown sugar, white sugar, water, corn syrup and salt in upper part of double boiler and mix very thoroughly. Place over rapidly boiling water and beat constantly with rotary beater until mixture will hold a peak, or about 7 minutes. Remove from hot water, add vanilla, and beat until cool and thick enough to spread. Spread frosting between layers and on top and sides of cake. Sprinkle with coconut while frosting is soft.

EVELYN DEGERING-VULIET.



## MOLASSES SPREAD

1/4 cup molasses                      3/4 cup dry skim milk  
1/4 cup butter or fat

Melt the fat. Mix ingredients and beat well until blended. Use as a spread for bread or crackers, as a sauce for gingerbread or pudding or frosting for cup cakes. Serves 12 to 15.

ARLIETA ROGERS.

## FLUFFY MOCHA FROSTING

1/3 cup butter                      1/4 teaspoon salt  
4 cups sifted confectioners' sugar      1/3 cup strong Postum  
3 1/2 tablespoons cocoa      3/4 cup broken walnut meats  
1 teaspoon vanilla

Toast walnut meats. Cream butter, sift sugar, cocoa and salt together. Add part of sugar mixture gradually to butter blending after each addition. Add remaining sugar mixture alternately with frosting until right consistency to spread. Beat after each addition until smooth. Add vanilla. Spread on cake. Sprinkle nuts on sides.

MRS. PEARL FEY.

## STRAWBERRY FROSTING

2 1/2 cups confectioners' sugar      1 cup fresh strawberry pulp  
1/2 cup sweetened condensed milk      1 tablespoon lemon juice

Blend sifted sugar into sweetened condensed milk. Force enough strawberries through sieve to make a cup of pulp. Add lemon juice with strawberries to first mixture. Beat until smooth and creamy. Cool cake before spreading frosting.

MRS. D. A. HART.

## FIG CREAM FILLING FOR WASHINGTON PIE

1/2 cup ground figs                      1/3 cup sugar  
5 tablespoons orange juice      1 tablespoon lemon juice  
1 tablespoon butter                      1/2 teaspoon salt  
2 tablespoons cornstarch              1/2 cup cream

Mash figs and mix with sugar and cornstarch. Add rest of ingredients and boil. Cool and fold in whipped cream. Slice sponge cake and spread filling between layers. Top with whipped cream.

DELPHA HARDY-LUNDEEN.

## RAISIN AND NUT FROSTING

1 cup brown sugar                      1/2 cup chopped raisins  
1/4 cup water                              1/2 cup walnuts, chopped  
2 egg whites, beaten

Boil sugar and water to firm ball stage. Pour slowly over the beaten egg whites, beating until cool and right to spread. Add raisins and nuts, and for a change, add a few drops of maple flavoring.

MRS. L. T. HAGLE.

## APPLE-WHIP FROSTING

1 large red apple                      1 large egg white  
3/4 cup granulated sugar              1 teaspoon vanilla

Grate the apple without removing the skin. Add sugar, unbeaten egg white and vanilla. Beat all together until light and fluffy.

MRS. TAYLOR.

## JELLY FROSTING

Nothing surpasses a glass of grape jelly whipped with 2 egg whites. Use a rotary beater. Or any tart jelly may be beaten with a fork until right consistency for spreading. Then add 1 cup of canned coconut. This is a fluffy frosting and a delicious one but it does not stand up for more than 2 or 3 hours.

MRS. L. T. HAGLE.

## LEMON FILLING

2 cups granulated sugar              2 eggs  
3 tablespoons water                      1/4 cup butter  
1 lemon

Put sugar and water in double boiler. When dissolved add the grated rind and juice of lemon, the well beaten eggs and butter. Cook until mixture thickens. This is a delicious filling for tarts or cake and will keep a long time.

MRS. L. T. HAGLE.

## LEMON COCONUT CREAM

Juice of 1/2 lemon                      1 egg yolk  
Grated rind of 1 lemon                      1/2 cup shredded coconut  
1/2 cup powdered sugar

Put lemon juice, rind and slightly beaten egg yolk into a double boiler and cook 10 minutes, stirring constantly. Add powdered sugar at end of 2 minutes. Add coconut last. Cool and use.

MRS. L. T. HAGLE.

## WHIPPED DRY SKIM MILK

3/4 cup cold water                      1 teaspoon sugar  
9 tablespoons dry skim milk              1/4 teaspoon vanilla

Add water slowly to dry milk, stirring to keep mixture smooth. Scald 3 minutes in a double boiler. Chill to 42° F. Whip like cream. Sugar and vanilla may be added or omitted as desired. A teaspoon of cocoa sauce or sweetened prune puree may be added as a variation.

ARLIETA ROGERS.

## FILLING FOR GINGERBREAD

2 packages cream cheese              2 tablespoons chopped pecan nuts  
2 tablespoons chopped dates              1/4 teaspoon salt  
1 teaspoon cream

Seedless raisins, soaked and drained may be used instead of dates. Prepare a soft gingerbread and bake in 2 layers. Blend cheese, fruit, nuts, salt and cream to a smooth paste. Spread between cooled layers of gingerbread.

MRS. P. W. CHRISTIAN.

## SNOW FLUFF

3 egg whites                              1 teaspoon vanilla  
Powdered sugar

Beat egg whites until stiff. Fold in sufficient powdered sugar to be of proper spreading consistency. Add vanilla. Cocoa or chocolate may be added if desired.

FRANCES MOHR.



## FRUIT AND NUT BARS

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 cup brown sugar                   | 1 cup nut meats               |
| $\frac{3}{4}$ cup whole wheat flour | 1 cup chopped dates           |
| 3 eggs, separated                   | 1 teaspoon cinnamon           |
| 1 teaspoon vanilla                  | $\frac{1}{4}$ teaspoon nutmeg |
| $\frac{1}{4}$ teaspoon salt         |                               |

Mix all dry ingredients, add to fruit and nuts. Add vanilla to egg yolks and whip light. Blend through first mixture. Whip egg whites stiff and work through mixture. Spread into buttered and floured baking pan to  $\frac{1}{2}$  inch in thickness. Bake in moderate oven until firm to touch. Cut in bars.

MRS. R. L. COLLINS.

## BUTTERSCOTCH BARS

- |                          |                        |
|--------------------------|------------------------|
| $\frac{1}{4}$ cup butter | 1 teaspoon salt        |
| 1 cup brown sugar        | 1 teaspoon vanilla     |
| 1 egg                    | $\frac{3}{4}$ cup nuts |
| 1 cup flour              |                        |

Cream softened butter and gradually add sugar. Beat in egg. Add dry ingredients, nuts and flavoring. Spread in well oiled pan. Bake for 25 to 30 minutes at 300° F.

MRS. P. W. OCHS.

## ICE BOX COOKIES

- |                   |                     |
|-------------------|---------------------|
| 5 eggs            | 5 cups flour        |
| 2 cups sugar      | 2 teaspoons salt    |
| 2 cups shortening | 3 teaspoons vanilla |

Cream sugar and shortening, add one egg at a time beating well after each. Add flour and last the vanilla. Roll in oiled paper and chill. Cut with a sharp knife and bake in a hot oven. Raisins, nuts, or a drop of jelly in each may be added before baking.

MRS. LLOYD GRUNKE.

## OATMEAL COOKIES

- |                                    |                         |
|------------------------------------|-------------------------|
| $\frac{1}{2}$ cup sugar            | 1 cup rolled oats       |
| 5 tablespoons shortening           | $\frac{3}{4}$ cup flour |
| 2 teaspoons molasses               | 1 egg                   |
| $\frac{2}{3}$ cup seedless raisins | Few grains salt         |

Add the salt and the molasses to the fat and work together in a bowl. Add sugar gradually and cream the mixture well until very white and light. Add the well beaten egg and mix. Add the raisins, oats, and last the flour. Mix lightly and press off the side of the spoon onto an oiled baking tin. Leave a little space between each. Bake in a moderate oven until delicate brown.

MRS. ARNOLD GETZLAFF.

## DREAM BARS

## Part I

- |                               |             |
|-------------------------------|-------------|
| $\frac{1}{2}$ cup brown sugar | 1 cup flour |
| $\frac{1}{2}$ cup butter      |             |

Mix together to a crumbly mass, and pat into a large flat pan, covering the bottom. Bake in a moderate oven (375° F.) for 10 minutes. Set aside to cool while preparing part two.

## Part II

- |                    |                             |
|--------------------|-----------------------------|
| 2 eggs             | 2 tablespoons flour         |
| 1 cup brown sugar  | $\frac{1}{2}$ teaspoon salt |
| 1 teaspoon vanilla | 1 cup chopped nuts          |

Beat the eggs, vanilla, and sugar together. Mix flour and salt, and sift over the nuts, then add to the egg mixture. Pour onto the baked crust previously prepared, spreading evenly, and bake at 375° F. for 20 minutes. Cool, and cut into bars.

MARY ELLA BOYNTON.

## FIRST DAY

- |           |                            |                 |
|-----------|----------------------------|-----------------|
| Breakfast | Orange Juice               |                 |
|           | Puffed Wheat with Cream    |                 |
|           | Whole-wheat Toast          | Butter          |
|           | Baked Apple                | Cereal Coffee   |
| Dinner    | Cream Tomato Soup          | Crackers        |
|           | Baked Hubbard Squash       | Mashed Potatoes |
|           | Corn on Cob with Butter    | Eggplant        |
|           | Carrot Salad               | Mayonnaise      |
|           | Whole-wheat Bread          | Butter          |
|           | Japanese Persimmons        |                 |
|           | Pineapple Layer Cake       |                 |
| Supper    | Creamed mushrooms on Toast |                 |
|           | Potato Patties             | Sliced Tomatoes |
|           | Parker House Rolls         | Butter          |
|           | Apricot Sauce              | Hot Cocoa       |

## SECOND DAY

- |           |                                      |                     |
|-----------|--------------------------------------|---------------------|
| Breakfast | Grapefruit                           |                     |
|           | Shredded Wheat Biscuit               |                     |
|           | Bran or Whole-wheat Muffins          | Cream               |
|           | Peach Sauce                          | Butter              |
|           |                                      | Cereal Coffee       |
| Dinner    | Salad (Tomato, Lettuce, Ripe Olives) |                     |
|           | Escalloped Vegetable Oysters         |                     |
|           | Browned Sweet Potatoes               | Green Peas, Creamed |
|           | Whole-wheat Bread                    | Butter              |
|           | Apple Pie                            | Buttermilk          |
|           | Nuts and Raisins                     |                     |
| Supper    | Potato Soup                          | Crackers            |
|           | Asparagus Tips on Toast              | Coddled Egg         |
|           | Pear Sauce                           |                     |

## THIRD DAY

- |           |                                     |              |
|-----------|-------------------------------------|--------------|
| Breakfast | Casaba or Cantaloupe                |              |
|           | Graham Mush with Dates              | Cream        |
|           | Corn Bread                          | Butter       |
|           | Bananas with Cream                  | Milk         |
| Dinner    | Vitamin Soup—Vegex                  | Crackers     |
|           | Baked Macaroni and Tomato           |              |
|           | Spinach with Lemon                  | String Beans |
|           | Pineapple Salad with Cottage Cheese |              |
|           | Ripe Olives                         |              |
|           | Vienna Roll                         | Butter       |
|           | Coconut Cream Pie                   | Orange Ice   |
| Supper    | Clear Tomato Soup                   | Crackers     |
|           | Browned Rice with Butter and Cream  |              |
|           | Strawberries                        |              |



## SELF-ICED COOKIES

- |                       |                        |
|-----------------------|------------------------|
| 4 eggs                | 1/2 lemon rind, grated |
| 2 cups powdered sugar | 1/4 teaspoon salt      |
| 1 1/2 cups flour      |                        |

Beat the eggs 10 minutes then add the sugar gradually while continuing to beat. Add flour, salt and lemon rind. Drop onto buttered sheet and place immediately in a moderate oven. As soon as the cookies rise, lower the heat to 300° F. which causes a puffed appearance and keeps them from burning. Bake ten minutes longer. Remove from sheet immediately.

ALICE NEHRING.

## DATE-STRIPS

- |                         |                                  |
|-------------------------|----------------------------------|
| 1 pound dates, cut fine | 1/2 pound coconut                |
| 1 cup chopped walnuts   | 1 can evaporated milk (tall can) |
| 2 pounds grated cheese  |                                  |

Add the dates and nuts to the milk and then enough coconut to mix into a stiff paste. Add the cheese to the date mixture. Spread all in a buttered pan and bake in a moderate oven (375° F.) about 35 minutes or until nicely browned. After it is cool, cut into strips. They may be rolled in powdered sugar, or may be left plain.

ALTON WHEELER.

## SWEDISH SPRITZ

- |               |  |
|---------------|--|
| 1 cup butter  | 2 1/2 cups flour                       |
| 2/3 cup sugar | 4 bitter almonds or 1 teaspoon extract |
| 3 egg yolks   |  |

Cream the butter and sugar together until waxy. Beat the egg yolks until light or lemon colored. Add egg yolks and extract. Then add the flour, a tablespoon at a time until all the flour has been taken up. Work well. Put in a cookie press. Make your design and bake in a hot oven until light brown. This recipe is not good with other shortening than butter.

MRS. E. S. CUBLEY.

## MILDRED'S NO BAKING POWDER COOKIES

- |                         |                   |
|-------------------------|-------------------|
| 1/2 cup sugar           | 1 tablespoon milk |
| 6 tablespoons salad oil | 1 egg             |
| 1/8 teaspoon salt       | 2/3 cup flour     |
| 1 teaspoon vanilla      |                   |

Put salt, fat, vanilla and milk into bowl and work with a spoon until creamy. Add sugar gradually stirring until creamy and white. Mix well beaten egg and fold in flour. Roll to 1/4 inch and cut. Bake in a moderate oven.

MRS. C. N. TILLMAN.

## DATE AND NUT KISSES

- |                          |                    |
|--------------------------|--------------------|
| 2 1/2 cups chopped dates | 1 cup sugar        |
| 1 1/2 cups chopped nuts  | 1/8 teaspoon salt  |
| 4 egg whites             | 1 teaspoon vanilla |

Add the salt to the egg whites and beat until stiff. Fold in the remaining ingredients. Drop by teaspoonfuls onto a greased cookie sheet. This makes about 50 kisses. Bake in hot oven (350° F.) for about 25 minutes.

MRS. R. P. PENHALLURICK.

## SHORT COOKIES

- |                            |                    |
|----------------------------|--------------------|
| 1 cup butter               | 2 cups flour       |
| 1/2-3/4 cup powdered sugar | 1 teaspoon vanilla |

Mix together and roll very thin or put through cookie press and bake in a moderate oven about 8 minutes.

DAISY SCHLUNTZ.

## BROWNIES

- |                           |                     |
|---------------------------|---------------------|
| 1/2 cup butter            | 2 squares chocolate |
| 1 cup sugar               | 1/2 cup flour       |
| 2 eggs, beaten separately | 1 cup walnuts       |

Melt butter and chocolate and add to sugar. Add beaten egg yolks and flour and vanilla. Add beaten egg whites. Bake in shallow pans slowly in moderate oven 20 minutes. Cut.

DAISY SCHLUNTZ.

## LIGHT BROWNIES

- |                |                      |
|----------------|----------------------|
| 2 eggs         | 1 cup sugar          |
| 1/2 cup butter | 1/4 square chocolate |
| 1/2 cup flour  | 1 cup nuts           |
|                | 1 teaspoon vanilla   |

Mix in order given. Drop from spoon and bake in quick oven.

DELPHA HARDY-LUNDEEN.

## DATE BROWNIES

- |                    |                  |
|--------------------|------------------|
| 2 eggs             | 1 cup dates      |
| 1 cup brown sugar  | 1/2 cup walnuts  |
| 1/2 cup shortening | 1 teaspoon cocoa |
| 1 1/2 cups flour   | Salt             |

Cream sugar and shortening. Add one egg at a time and beat until light. Add nuts and dates, then flour. Drop on slightly oiled pans and bake until a nice brown.

MRS. ARNOLD GETZLAFF.

## CHOCOLATE CEREAL COOKIES

- |                      |                           |
|----------------------|---------------------------|
| 2 squares chocolate  | 1/4 teaspoon salt         |
| 1 can condensed milk | 1 1/2 cups shredded wheat |
| 1 teaspoon vanilla   | 1 1/2 cups puffed wheat   |

Melt the chocolate in double boiler. Add can of sweetened condensed milk and cook, stirring for 5 minutes or until thickened. Add vanilla, salt and shredded wheat or a similar cereal rolled as fine as bread crumbs. Add puffed wheat. Mix. Drop by spoonfuls on an oiled baking sheet. Press 3 or 5 kernels of the puffed wheat into the top of each cookie and bake 12 minutes at 375° F.

MRS. W. D. EMERY.

## AMMONIA COOKIES

- |                           |                              |
|---------------------------|------------------------------|
| 5c worth Baker's ammonia  | 3/4 cup butter or shortening |
| 1 cup lukewarm sweet milk | 3 or 4 eggs                  |
| 1 cup sour cream          | 3 cups sugar                 |
|                           | 1/2 teaspoon peppermint      |

Roll ammonia if hard with rolling pin and soak in lukewarm milk. Mix until dissolved. Add to rest of ingredients and mix enough flour to make a stiff dough as for bread, but not too stiff. Let stand overnight. Bake in morning in hot oven till delicate brown.

MRS. E. O. JOHNSON.

## CINNAMON STARS

- |  |                       |
|--|-----------------------|
| 2 egg whites                           | 1/4 teaspoon cinnamon |
| 1 1/2 to 2 pounds confectioners' sugar |                       |

Beat the eggs until they begin to froth, then gradually sift in the sugar mixed with the cinnamon. When the mixture becomes too stiff to stir, turn onto a pastry board sprinkled with some of the sugar and knead as much sugar in as possible. When pliable and soft, roll into a very thin sheet, dusting the rolling pin with sugar. Cut into stars, dust with cinnamon and place on slightly greased and floured pans, and let dry for 1/2 hour. Bake 40 minutes at 225° F.

ALICE NEHRING.



## YUM YUM STICKS

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 2 squares chocolate         | $\frac{3}{8}$ cup raisins           |
| $\frac{3}{4}$ cup flour     | $\frac{1}{2}$ cups sugar            |
| $\frac{3}{8}$ cup nut meats | $\frac{1}{2}$ cup melted shortening |
| 1 teaspoon vanilla          | Salt                                |
| 2 eggs                      |                                     |

Melt chocolate and then mix all ingredients together. Place on baking sheet. Bake until glazed.

MRS. R. T. EMERY.

## COCONUT MACAROONS

- |                                  |                    |
|----------------------------------|--------------------|
| $\frac{1}{2}$ cup condensed milk | 1 teaspoon vanilla |
| 2 cups shredded coconut          |                    |

Mix sweetened condensed milk and shredded coconut together. Add vanilla if desired. Drop by spoonfuls on the buttered baking sheet about an inch apart. Bake in moderate oven (350° F.) 10 minutes or until a delicate brown. Remove from pan at once. Makes 24.

MRS. M. L. NEFF.

## MACAROONS

- |                                  |                                |
|----------------------------------|--------------------------------|
| 3 egg whites, beaten stiff       | $\frac{1}{2}$ cup chopped nuts |
| 1 cup sugar, $\frac{1}{2}$ brown | 1 cup coconut                  |
| 1 teaspoon vanilla               | 3 cups cornflakes              |

Whip the sugar with the beaten egg whites. Add remaining ingredients with little stirring. Drop on greased baking sheet with a teaspoon. Bake in a quick oven.

BLANCHE HAWKINS.

## WALNUT MACAROONS

- |                |                      |
|----------------|----------------------|
| 1 pint walnuts | 3 egg whites         |
| 1 cup sugar    | 1 teaspoon flavoring |

Have walnuts finely chopped. Fold nuts and sugar carefully into stiffly beaten egg whites. Flavor and drop by spoonfuls on an oiled and floured baking tin. Bake in a slow oven for  $\frac{1}{2}$  hour.

WINIFRED HOLMDEN.

## VIENNESE ALMOND COOKIES

- |   |                                    |
|---|------------------------------------|
| $1\frac{3}{4}$ cups sifted flour        | $\frac{1}{2}$ cup sugar            |
| $\frac{1}{2}$ cup butter                | 2 egg yolks                        |
| $\frac{1}{2}$ cup finely ground almonds | 2- $\frac{1}{2}$ tablespoons cream |

Work butter into flour until mealy and finer than for pie crust. Add sugar and nuts and mix well. Add beaten yolks, then cream. Dough should be soft enough to handle without breaking. Roll and cut in desired shapes. Bake in a moderately hot oven (400° F.) about 15 minutes. While warm, roll in a mixture of sugar and ground nuts.

MRS. W. D. EMERY.

## SWANS DOWN COOKIES

- |                          |                                    |
|--------------------------|------------------------------------|
| $\frac{1}{2}$ cup butter | 1 egg, well beaten                 |
| $\frac{1}{3}$ cup sugar  | $\frac{3}{4}$ cup Swans Down flour |
| 1 teaspoon vanilla       |                                    |

Mix and drop by spoonfuls on a pan and place a nut in the center of each cookie. Bake.

## WALNUT-COCOA DROPS

- |                                |                                   |
|--------------------------------|-----------------------------------|
| $1\frac{1}{2}$ cups sugar      | 2 tablespoons cocoa               |
| $\frac{1}{2}$ cup shortening   | 2 cups flour                      |
| 2 eggs                         | $\frac{1}{2}$ cup chopped walnuts |
| $\frac{1}{2}$ teaspoon vanilla |                                   |

Cream sugar and shortening. Add well beaten eggs, then vanilla. Sift cocoa with flour, add gradually to first mixture. Fold in walnuts. Drop with a teaspoon on cookie sheet. Flatten slightly. Bake. When cool fasten 2 cookies together with powdered sugar frosting.

MRS. CLAUDE THURSTON.

## CREAM CHEESE COOKIES

- |  |   |
|--|---|
| 1 package cream cheese                   | $\frac{1}{4}$ cup chopped candied pineapple |
| 6 tablespoons butter or other shortening | Dash of salt                                |
| $\frac{3}{4}$ cup flour                  | Cinnamon                                    |
|  | Powdered sugar                              |

Blend cream cheese with shortening and salt. Sift in flour. Mix thoroughly. Add candied pineapple. Place in refrigerator over night. Roll out on floured board and cut into desired shapes. Bake in moderate oven for 20 minutes. Remove and sprinkle at once with cinnamon and powdered sugar.

MRS. MOLLIE SITTNER.

## FILLED APPLE COOKIES

Take any cookie mixture which can be rolled thin, cut in heart shapes and place small portion of either baked or cooked apple in center of heart, placing another heart shaped piece of dough on top. Press edges and bake 20 minutes in moderate oven. These delicious apple filled heart cookies are nice to serve with frozen apple sauce whip.

MARGARET PENHALLURICK.

## FROZEN APPLE SAUCE WHIP

- |                   |                                    |
|-------------------|------------------------------------|
| 1 cup apple sauce | $\frac{1}{2}$ cup chopped nuts     |
| Juice of 1 lemon  | $1\frac{1}{4}$ cups whipping cream |
| Juice of 1 orange | Pinch of salt                      |

Add nuts and salt to apple sauce and chill thoroughly. Whip chilled cream until very stiff and add lemon and orange juice. Combine with apple sauce mixture. Place in molds of assorted shapes and freeze in refrigerator tray.

MARGARET PENHALLURICK.

## NUT BARS

- |                             |   |
|-----------------------------|---|
| 3 egg yolks                 | $\frac{1}{2}$ cup chopped dates or figs |
| 1 cup brown sugar           | 1 cup pastry flour                      |
| 1 teaspoon cinnamon         | 3 egg whites, beaten                    |
| 1 teaspoon vanilla          | $\frac{1}{2}$ cup pecans                |
| $\frac{1}{8}$ teaspoon salt |   |

Beat yolks and sugar thoroughly. Add rest of ingredients leaving egg whites until last. Mix very lightly. Pour into shallow pan, well greased, and bake for 25 minutes in a moderate oven. Cool and cut into bars.

MRS. MOLLIE SITTNER

## CHOCOLATE DOMINOES

- |                           |                            |
|---------------------------|----------------------------|
| $\frac{1}{2}$ cup pecans  | 1 tablespoon orange juice  |
| $\frac{1}{2}$ cup walnuts | 1 grated orange rind       |
| $\frac{1}{2}$ cup figs    | 1 square chocolate, melted |
| $\frac{1}{2}$ cup dates   |                            |

Mix nuts, figs and dates, and force through a food chopper. Add remaining ingredients. Turn on a board sprinkled with powdered sugar and roll to  $\frac{1}{8}$  inch. Cut in domino shapes, spread with melted chocolate, and decorate with small pieces of blanched almonds to represent dominoes.

MRS. L. T. HAGLE.



## PLAIN PASTE

- |                          |                           |
|--------------------------|---------------------------|
| 2 cups flour             | 1 teaspoon salt           |
| 1/2 cup solid shortening | About 2 tablespoons water |

Sift salt with flour. Work in shortening lightly. Moisten to a dough with cold water. Roll out on a floured board, 1 crust at a time. Makes 2 crusts.

FOODS LABORATORY.

## PASTE MADE WITH OIL

- |                                |                    |
|--------------------------------|--------------------|
| 2 1/2 cups sifted pastry flour | 1/2 teaspoon salt  |
| 1/2 cup oil                    | 1/4 cup cold water |

Put the flour and salt in mixing bowl. Add the oil all at once, and stir with a spoon until about half mixed. Pour in cold water all at once and stir until the dough is just stuck together. Flour the board and dough, form into a ball and roll. Do not try to turn over while rolling. Work with half of it at a time. Run a spatula under crust to loosen it from board, fold over and put in pie tin, and unfold.

FOODS LABORATORY.

## HOT WATER PIE CRUST

- |                       |                   |
|-----------------------|-------------------|
| 1/2 cup shortening    | 1 1/2 cups flour  |
| 1/4 cup boiling water | 1/8 teaspoon salt |

Beat shortening into water. Add flour and mix lightly. Roll out half at a time. Makes 2 crusts.

MRS. W. F. MOHR.

## WHOLE WHEAT PIE CRUST

- |                          |                    |
|--------------------------|--------------------|
| 2 cups whole wheat flour | 1/4 cup cold water |
| 1 cup white flour        | 1 teaspoon salt    |
| 3/4 cup cooking oil      |                    |

Mix dry ingredients; add oil and water, stirring quickly into soft dough. Press into pan with fingers for single crust pies. Roll with as little handling as possible for top crust.

MRS. ROSE GUSTAFSON.

## DELICIOUS GRAHAM CRACKER CRUST

- |                                  |                        |
|----------------------------------|------------------------|
| 1 1/2 cups graham cracker crumbs | 1/3 cup powdered sugar |
|                                  | 1/2 cup butter, scant  |

Mix all together with finger tips. Pat mixture firmly into pie pan. Place in refrigerator for several hours and fill.

## GRANOLA CRUST

To 1/2 cup granola add sufficient milk to moisten it slightly. Turn it immediately into a pie pan, and with the back of a spoon spread and press it evenly over the bottom and sides of the pan. Bake until dry.

MRS. R. L. COLLINS.

## WESTERN PIE

- |                        |                      |
|------------------------|----------------------|
| 1 cup sugar            | 1/4 cup lemon juice  |
| 1/4 cup cornstarch     | 2 tablespoons butter |
| 3/4 cup orange juice   | 2 bananas            |
| Salt                   | 24 cooked prunes     |
| 1 1/2 cups prune juice |                      |

Cook all ingredients until thick and clear. In bottom of pastry shell place slices of 1 banana and about 12 cooked prunes. Pour cooked mixture over fruit. When cool, cover with whipped cream. Serve cold. Makes 2 pies.

ARLIETA ROGERS.

## CREAM RAISIN PIE

- |                      |                          |
|----------------------|--------------------------|
| 1 quart rich milk    | 1/2 cup seedless raisins |
| 2/3 cup flour        | 2/3 cup sugar            |
| 4 eggs               | Salt                     |
| 1/2 teaspoon vanilla |                          |

Heat milk to boiling. Put in double boiler. Add flour which has been mixed with a little cold water or milk. When nearly done add sugar, salt and egg yolks. Cook until thoroughly done. Stir in the raisins. Fill a baked crust and cool. Make a meringue from the egg whites and a little sugar. Brown in a quick oven.

## GRAPE-NUT RAISIN PIE

- |                         |                      |
|-------------------------|----------------------|
| 3/4 cup Grape-nuts      | 2 1/4 cups hot water |
| 3/4 cup raisins, ground | Juice from 1/2 lemon |
| 1 1/2 cups brown sugar  | 3 tablespoons butter |

Mix in order given and cook for 10 minutes. Cool and pour into a baked pie shell.

MRS. L. T. HAGLE.

## GRAPEFRUIT PIE

- |                          |                    |
|--------------------------|--------------------|
| 1 cup water, boiling     | 2 eggs             |
| 1 cup sugar              | Juice 1 grapefruit |
| 3 tablespoons cornstarch | Salt               |

Beat the egg yolks slightly. Add sugar and cornstarch and add to juice and boiling water. Cook until smooth. Put in a baked pie shell. Make a meringue from the whites and flavor with 1 tablespoon grapefruit juice.

MRS. D. A. HART.

—:— —:— —:—  
Dip knife in hot water before cutting meringue.

—:— —:— —:—  
Grease dish in which chocolate is to be melted.

—:— —:— —:—  
Rinse the pan with cold water before using it to scald milk, as it prevents sticking of milk.

—:— —:— —:—  
Scissors dipped into water will facilitate the cutting of marshmallows.

—:— —:— —:—  
To keep cake fresh, put a few slices of fresh bread in the box with the cake.

—:— —:— —:—  
To give a nice, shiny appearance to a top pie crust, brush before baking with milk or with milk mixed with a little egg.

—:— —:— —:—  
Any pastry dough becomes more tender on standing. This is why dough kept in the refrigerator seems richer than that which is baked immediately.



## BANANA PIE SUPREME

- |                          |                          |
|--------------------------|--------------------------|
| 6 tablespoons cake flour | 3 bananas                |
| 1 1/3 cups milk          | 1/4 teaspoon salt        |
| 1/2 cup cream, whipped   | 1/4 teaspoons vanilla    |
| 3/4 cup sugar            | 1 baked 9-inch pie shell |
| 2 eggs                   |                          |

Mix together flour, sugar, and salt in top of double boiler. Add milk and cook over hot water, stirring constantly until mixture thickens. Cook 15 minutes longer with frequent stirring. Pour a small amount of mixture over egg yolks, beating vigorously. Return to double boiler and cook 2 minutes, stirring constantly. Remove from fire, cool, add vanilla, and chill. Fold in whipped cream. Arrange filling and bananas in layers in pie shell. Garnish with whipped cream and banana slices.

MRS. J. E. POTTS.

## BANANA PIE

- |               |                             |
|---------------|-----------------------------|
| 2 bananas     | 1/3 teaspoon salt           |
| 2 egg whites  | 1/2 teaspoon almond extract |
| 1/2 cup sugar |                             |

Put bananas through sieve. Beat egg whites stiff, add sugar. Fold bananas into egg whites. Put this mixture into a baked pie shell and bake 20 minutes. Serve with whipped cream.

MRS. J. R. NEWCOMBE.

## ANGEL FOOD PIE

- |                          |                      |
|--------------------------|----------------------|
| 1 cup sugar              | 1 1/2 cups hot water |
| 2 tablespoons cornstarch | 1 teaspoon vanilla   |

Mix and cook in double boiler until thick. Pour over stiffly beaten whites of 2 eggs. Beat 20 minutes. Add 1 teaspoon of vanilla while beating. Pour in crust and cool. Before serving add whipped cream and nuts.

MRS. F. W. PETERSON.

## ANGEL FOOD PIE—2

- |                         |                              |
|-------------------------|------------------------------|
| 1 cup crushed pineapple | 2 1/2 tablespoons cornstarch |
| 1 cup cold water        | 3 egg whites                 |
| 1 cup sugar             | 1 cup cream                  |
| 1/8 teaspoon salt       | 1/2 cup chopped nuts         |

Combine pineapple, water, sugar and salt. Place in top of double boiler and when the mixture reaches boiling point add cornstarch which has been dissolved in a little cold water. When the cornstarch is thoroughly cooked, set aside to cool. When cold fold in the stiffly beaten egg whites, put in a baked shell, and cover with the whipped cream. Sprinkle with chopped nuts and put in a cool place until ready to serve.

ESTHER SONNENBERG.

## STRAWBERRY PIE

- |                       |                          |
|-----------------------|--------------------------|
| 1 baked pie shell     | 1/8 teaspoon salt        |
| 4 cups berries        | 1 tablespoon lemon juice |
| 1 cup sugar           | 2 tablespoons flour      |
| 1/2 cup boiling water | 2 tablespoons cold water |

Mix sugar and boiling water. Add 1 cup berries, crushed. Boil 5 minutes. Remove any foam. Blend flour with cold water, add salt and lemon juice and cooked syrup. Cook 5 minutes over low fire. Stir frequently. Pour over remaining berries placed in pie shell. Cool and serve plain or with whipped cream.

MRS. EBERHARDT.

## RHUBARB PIE

- |                                 |                      |
|---------------------------------|----------------------|
| 3 cups diced rhubarb            | 3 tablespoons flour  |
| 1 cup sugar                     | 1/8 teaspoon salt    |
| 1/2 teaspoon grated orange rind | 2 tablespoons butter |
|                                 | 1 recipe pastry      |

Combine rhubarb with sugar, orange rind, flour and salt. Fill pastry lined tin. Dot with butter. Cover with top crust, following general method for two-crust pie. Bake in a hot oven (450° F.) for 10 minutes, reduce to 350° F. for 25 minutes. Cool and serve.

MRS. BERT TUCKER.

## RHUBARB CUSTARD PIE

- |                        |                          |
|------------------------|--------------------------|
| 2 cups chopped rhubarb | 2 eggs                   |
| 1 cup sugar            | 1 teaspoon melted butter |
| 1 tablespoon flour     | 3 tablespoons water      |

Save egg whites for a meringue. Pour boiling water over rhubarb, (be sure it is boiling) and let stand 5 minutes. Pour off. Mix sugar, flour, egg yolks, water and butter together and pour over rhubarb. Do not use a top crust for baking. Bake until rhubarb is tender. Add 3 tablespoons sugar to beaten whites for meringue and brown in the oven.

MRS. DICK FRYE.

## PINEAPPLE CHEESE PIE

- |                          |                      |
|--------------------------|----------------------|
| 1 recipe plain paste     | 3 tablespoons flour  |
| 1/2 cup grated cheese    | 1/4 teaspoon salt    |
| 2 cups crushed pineapple | 1 egg                |
| 2/3 cup sugar            | 4 tablespoons butter |

Add grated cheese to plain pastry. Roll out 2/3 of the dough and fill a shell; make the rest into 1/2 inch strips for the top. Mix other ingredients together and pour into the shell. Arrange the strips criss-cross on the top. Bake 10 minutes in a moderate oven, lower heat and bake 30 minutes in a slow oven.

MRS. W. L. HAGLE.

## PINEAPPLE APPLE PIE

- |                      |                          |
|----------------------|--------------------------|
| 1 pint grated apples | 1/2 cup grated pineapple |
| 1/2 cup sugar        | 1/4 cup sugar            |
| Pinch of salt        | 1 lemon, juice           |
| 1/2 tablespoon flour | 1 egg white              |
| Butter               | 1 tablespoon sugar       |

Line a pie pan with pastry. Add the grated apples, 1/2 cup sugar and dot with butter and bake until the apples are tender. Boil the pineapple, sugar, flour and lemon juice for 1 minute. Spread over pie. Cover with meringue made from egg white and 1 tablespoon sugar.

LORENA UPDEGRAVE.

## APPLE DELIGHT PIE

- |                       |                           |
|-----------------------|---------------------------|
| 2 tablespoons flour   | 1/2 teaspoon vanilla      |
| 2 cups chopped apples | 1/2 teaspoon salt         |
| 3/4 cup sugar         | 1/2 cup thick sweet cream |
| 1 egg, beaten         |                           |

Mix ingredients and beat until smooth. Add apples. Pour into unbaked pastry shell. Bake 15 minutes in a hot oven. Reduce heat and bake until center is firm. Remove pie and sprinkle with a mixture of 1/4 cup sugar, 1 teaspoon cinnamon, 1/4 cup flour and 1/4 cup butter. Bake again for 10 minutes.

LYDIA SONNENBERG.



## COCONUT BUTTERSCOTCH PIE

- |                          |                           |
|--------------------------|---------------------------|
| 1 cup brown sugar        | 1/4 cup water             |
| 3 tablespoons flour      | 3 egg yolks, beaten       |
| 4 tablespoons cornstarch | 1 teaspoon vanilla        |
| 1/2 teaspoon salt        | 1 cup fine coconut        |
| 3 cups milk              | 1 baked 9-inch pie shell  |
| 1/2 cup granulated sugar | 3 egg whites              |
| 3 tablespoons butter     | 5 tablespoons brown sugar |

Sift brown sugar, flour, cornstarch and salt together. Add milk and cook in double boiler. Heat granulated sugar, butter and water in skillet until sugar dissolves, and add to flour mixture. Cook until thick, stirring constantly. Cover and cook 10 minutes longer. Pour a small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook until slightly thickened. Add vanilla and 1/2 cup coconut. Pour into pie shell. Beat egg whites stiff, add brown sugar and beat again. Pile on filling and sprinkle with rest of coconut. Bake in a moderate oven (350° F.) for 30 minutes, opening door after 8 minutes.

MRS. L. T. HAGLE.

## BUTTERSCOTCH PIE

- |                          |                              |
|--------------------------|------------------------------|
| 2 cups milk              | 4 tablespoons butter, melted |
| 3 eggs, separated        | 1/4 teaspoon salt            |
| 3 tablespoons cornstarch | 1/2 teaspoon vanilla         |
| 1 cup brown sugar        |                              |

Scald the milk in a double boiler. Mix the remaining ingredients, and add butter and salt last. Cook until thick. Take from the flame, cool, and add the vanilla. Make the meringue and put the pie together.

ESTHER SONNENBERG.

## PUMPKIN PIE

- |                          |                      |
|--------------------------|----------------------|
| 1 cup sugar              | 2 cups canned milk   |
| 2 tablespoons cornstarch | 1 cup cooked pumpkin |
| 1/2 teaspoon cinnamon    | 6 egg yolks          |

Combine all ingredients except eggs and cook 20 minutes. Pour over 6 egg yolks, well beaten, and cook 2 minutes longer.

OLIVE JENKINS.

## EGGLESS PUMPKIN PIE

- |                          |   |
|--------------------------|---|
| 2 cups pumpkin or squash | 3 tablespoons cornstarch                  |
| 2 cups milk              | 2 tablespoons lemon extract (non-alcohol) |
| 1 1/2 cups sugar         | Pinch of salt                             |
| 1 teaspoon cinnamon      |   |

Add salt, cinnamon and cornstarch to pumpkin. Stir and add sugar. Add milk. Bake in an unbaked pie shell and serve with whipped cream.

CORNFORTH, MRS. R. L. COLLINS.

## WHAT'A PIE

- |   |                     |
|---|---------------------|
| 1 unbaked pie shell                         | Vanilla             |
| 1 package gelatin (any flavor) or agar agar | 4 tablespoons sugar |
| 1 cup whipping cream                        | 1 tablespoon cream  |

Spread a tablespoon cream on pie shell and bake to golden brown. Set gelatin until shaky. Whip cream and add sugar and vanilla. Whip gelatin and add about half the whipped cream. Pour in baked pie shell and cover with rest of the cream. Cool until well set. If agar agar is used refer to recipe for Agar Gel.

ALICE NEHRING.

## BLACK BOTTOM PIE

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 3/4 cups milk                   | 3/4 cup ground chocolate |
| 3/4 cup sugar                     | 4 tablespoons milk       |
| 3 egg yolks                       | 1/2 pint whipping cream  |
| Pinch of salt                     | 1 teaspoon vanilla       |
| 1 tablespoon gelatin or agar agar | Graham cracker crust     |

Scald the milk. Combine the sugar, egg yolks, salt and add to the milk. Mix the chocolate with a little of the milk mixture and add to the custard. Soak the gelatin in 4 tablespoons milk. Cook custard until it coats the spoon. Add soaked gelatin. Allow to cool and gel. Whip the cream and fold into jellied mixture. Pour into crust made as follows: Roll fine 24 graham crackers, and mix with 1/4 cup melted butter and 1 unbeaten egg white, line pan and bake about 10 minutes at 350° F. If agar agar is used refer to recipe for Agar Gel.

MRS. C. B. HARRIS.

## LEMON PIE

- |                         |                              |
|-------------------------|------------------------------|
| 1 lemon, rind and juice | 2 1/2 tablespoons cornstarch |
| 2 cups hot water        | 3/4 cup sugar                |
| 2 eggs                  |                              |

Put hot water in double boiler. When boiling add starch moistened with water. Break 2 eggs and save whites for meringue. Add lemon juice and sugar to well-beaten yolks and add to custard. Cook about 1 minute. Fill baked crust and put on stiffly beaten whites to which have been added 2 tablespoons sugar. Brown in oven.

MRS. W. A. GOSMER.

## LEMON MERINGUE PIE

- |                      |                       |
|----------------------|-----------------------|
| 2 cups boiling water | 4 egg whites          |
| 1 1/2 cups sugar     | 2 lemon rinds, grated |
| 1/2 cup cornstarch   | 1/3 cup lemon juice   |
| 1/8 teaspoon salt    | 1/2 cup sugar         |
| 4 egg yolks          |                       |

Combine sugar, cornstarch and lemon rind. Add boiling water and cook over hot fire until mixture thickens, then cook slowly, stirring constantly for 5 minutes. Add egg yolks, lemon juice, and cook on medium heat for 5 minutes. Turn into a baked pie shell. Cover with meringue made of the whites and 1/2 cup sugar.

MRS. CARL LANSING.

## MATTY'S LEMON PIE

- |                          |                          |
|--------------------------|--------------------------|
| 1 lemon, juice and rind  | 1/2 teaspoon salt        |
| 1 orange, juice and pulp | 2 tablespoons shortening |
| 2 egg yolks, beaten      | 1 1/2 cups water         |
| 3 tablespoons cornstarch | 1 cup sugar              |

Beat egg yolks light and stir in mixed dry ingredients. Add liquids, lemon rind and shortening. Cook in double boiler until thick. Cool, pour into baked shell. Cover with meringue made from 2 egg whites, 4 tablespoons sugar and 1 teaspoon lemon juice. Brown slightly.

MRS. D. A. HART.

## LEMON CAKE PIE

- |                      |                     |
|----------------------|---------------------|
| 1 cup sugar          | 1 lemon, juice      |
| 3 tablespoons butter | 3 tablespoons flour |
| 3 eggs               | 1 cup milk          |

Mix sugar and butter together. Add yolks of eggs beaten well. Add lemon juice and flour, milk and stiffly beaten egg whites. Bake in a slow oven in an unbaked crust.

MRS. D. A. HART.



## SUNSHINE LEMON PIE

- |                          |                          |
|--------------------------|--------------------------|
| 1/4 pound vanilla wafers | 1 lemon, juice and rind  |
| 1 can Eagle Brand Milk   | 1 orange, juice and rind |
| 2 egg yolks              |                          |

Crush wafers fine and line a greased pie tin. Beat milk with egg beater. Add egg yolks one at a time and beat well. Pour into lemon and orange slowly and beat well. Pour into pie shell, cover with meringue and brown in oven. Chill an hour in ice box before serving.

MRS. MELVIN ZOLBER.

## DATE CREAM PIE

- |                          |                       |
|--------------------------|-----------------------|
| 2 cups milk              | 1/2 cup chopped dates |
| 2 tablespoons cornstarch | 1 tablespoon butter   |
| 1/2 cup sugar            | 1/2 teaspoon salt     |
| 2 eggs                   | 1 teaspoon vanilla    |

Mix sugar, salt and cornstarch together, add milk gradually. Cook in double boiler. Add dates and cook until thick. Add butter, beaten egg yolks and vanilla. Make meringue from egg whites. Note: Beat dates with beater until creamy texture.

DELPHA HARDY-LUNDEEN.

## DATE CUSTARD PIE

- |                     |                             |
|---------------------|-----------------------------|
| 1 cup dates         | 1/4 teaspoon nutmeg         |
| 2 eggs              | 1 tablespoon cracker crumbs |
| 1/3 cup sugar       | 1 cup scalded milk          |
| 1/2 teaspoon salt   | Plain paste                 |
| 1 teaspoon cinnamon | 1/2 cup coconut             |

Cut dates in pieces to measure. Beat eggs slightly; add sugar, salt, cinnamon, nutmeg, crumbs, scalded milk and the dates. Line glass pie plate with paste and build up a rim. Put a smaller plate inside and bake 12 minutes on bottom of oven at 425° F. Reduce heat to 325° F. Move pie plate to front of oven, remove smaller plate and pour custard into crust. Sprinkle with coconut and return to bottom of oven. Bake until knife comes out clean, about 30 minutes.

MRS. P. W. CHRISTIAN.

## PECAN PIE

- |                    |                                   |
|--------------------|-----------------------------------|
| 1 cup sugar        | 1/2 to 1 cup pecan meats, chopped |
| 1 cup white syrup  | 3 eggs                            |
| 1 teaspoon vanilla | 1/8 teaspoon salt                 |

Mix the ingredients together, adding nuts last. Pour into standard sized pie tin, lined with pastry. Place in hot oven (450° F.) for 10 minutes, then reduce heat to low (325° F.) and bake until firm or about 50 minutes. Test with a knife blade at 40 minutes. The filling is very thin when poured in, but thickens up as it cooks. Cool before cutting.

REGINA LEE.

## COCONUT CUSTARD PIE

- |               |        |
|---------------|--------|
| 1 cup coconut | 2 eggs |
| 1 pint milk   | Salt   |
| 1/2 cup sugar |        |

Beat the eggs very light. Add sugar and beat with the eggs until light and lemon color. Stir into the milk and add the coconut. Pour into deep pie plate lined with plain pastry and bake in a moderate oven for 20 minutes.

MRS. L. T. HAGLE.

## DATE PUMPKIN PIE

- |                              |                            |
|------------------------------|----------------------------|
| 1 pint milk                  | 1 tablespoon browned flour |
| 1 cup dry steamed pumpkin    | 1 egg, beaten              |
| 3/4 cup seeded dates, ground | 1/2 teaspoon salt          |
| 1/4 cup sugar                | 1/2 teaspoon caraway seeds |

Measure pumpkin after it has been sieved. Use powdered caraway seeds. Heat milk. Mix the remaining ingredients, then stir the hot milk into them and mix thoroughly. Bake in a crust with a built-up edge.

CORNFORTH, MRS. R. L. COLLINS.

## CHIFFON PUMPKIN PIE

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1 tablespoon gelatin or agar agar | 1/2 teaspoon allspice |
| 1/2 cup cold water                | 2 teaspoons cinnamon  |
| 1 1/2 cups cooked pumpkin         | 1/2 teaspoon salt     |
| 1 cup light brown sugar           | 3 egg whites          |
| 3 egg yolks                       | 2 tablespoons sugar   |

Soak gelatin in cold water. Make a custard by cooking in a double boiler the pumpkin, sugar, egg yolks slightly beaten, spices, and salt. Add gelatin and cool. When mixture starts to congeal, fold in the stiffly beaten egg whites to which 2 tablespoons of sugar have been added. Put into a baked and cooled shell. Chill in refrigerator until firm enough to cut. If agar agar is used refer to recipe for Agar Gel.

FRANCES FOWLER-PETERS.

## CHAMPION CHERRY PIE

- |   |                            |
|---|----------------------------|
| 2 1/2 cups sour cherries                | 1 teaspoon butter          |
| 1/3 cup cherry juice                    | 1 1/2 cups pastry flour    |
| 2 1/2 tablespoons quick-cooking tapioca | 1 teaspoon salt            |
| 1 cup sugar                             | 1/2 cup shortening         |
| 1/8 teaspoon salt                       | 4-5 tablespoons cold water |

Drain cherries. Mix sugar, salt, tapioca, and juice only. Let stand while mixing pastry. Sift together flour and salt. Cut in fat until mixture looks like rice kernels. Add cold water gradually and press into a ball. Divide and roll. Cut top crust to allow for escaping steam. Line a tin with the crust, pour in filling, put on top crust and bake.

MRS. W. D. EMERY.

## GRAHAM CRACKER CREAM PIE

- |                               |                          |
|-------------------------------|--------------------------|
| 16 graham crackers            | 3 eggs, separated        |
| 1 teaspoon flour              | 1/4 cup sugar            |
| 1/2 cup shortening and butter | 1 teaspoon vanilla       |
| 1/2 cup granulated sugar      | 2 cups milk              |
| 1 teaspoon cinnamon           | 2 tablespoons cornstarch |

Roll crackers fine. Mix cracker crumbs, flour, melted shortening, 1/2 cup sugar and cinnamon as for pie crust. Pack 1/2 of mixture in a pie pan. Make a custard from the egg yolks, 1/4 cup sugar, vanilla, milk and cornstarch. Cook until it coats the spoon. Pour into the pie pan. Make a meringue from the egg whites and 3 tablespoons sugar and spread on top of custard. Sprinkle remaining crumb mixture over the top. Bake in moderate oven (325° F.) until meringue is brown.

MRS. P. W. CHRISTIAN.



## CHEESE APPLE PIE

- |                       |                           |
|-----------------------|---------------------------|
| 1/4 cup flour         | 3 tablespoons lemon juice |
| 3/4 cup sugar         | 2 tablespoons butter      |
| 1/2 teaspoon cinnamon | 1/2 cup grated cheese     |
| 4 cups sliced apples  | Plain pastry              |

Line a deep 9-inch pan with pastry and roll out dough for top crust. Sift flour, measure and sift again with sugar and cinnamon. Mix with fruit and fill pastry shell. Add lemon juice, and dot with butter, and sprinkle with grated cheese. Moisten outer edge of crust with water, cover with top crust and seal edges together. Cut top crust to allow steam to escape. Bake in a hot oven (425° F.) 45 minutes or until apples are done.

Mrs. W. D. EMERY.

## NUT AND APPLE PIE

- |                        |                               |
|------------------------|-------------------------------|
| 1 7-ounce can Proteena | 1/2 tablespoon butter         |
| 2 tablespoons sugar    | 1 1/2 tablespoons lemon juice |
| 3 medium apples        | Plain pastry                  |

Place the quartered and cored apples in a buttered pan or baking dish. Cover with the lemon juice and sugar and bake until they begin to get tender. Slice the Proteena into half-inch slices and cut each slice in half. Place these on top of the apples and cover with plain pastry. Bake in a quick oven until nicely browned. Serves 4.

LOMA LINDA FOODS.

## CARROT PIE

- |                           |                            |
|---------------------------|----------------------------|
| 1 1/2 cups milk           | 1 tablespoon lemon extract |
| 1 1/2 cups mashed carrots | 1 teaspoon cinnamon        |
| 2 eggs                    | 1 1/2 cups sugar           |
| 1 teaspoon salt           |                            |

Drain juice from carrots and mash through colander or ricer. Add other ingredients, stirring in milk last. Beat eggs slightly before adding. Pour into unbaked pie shell.

## CARROT CARAMEL PIE

- |                              |                              |
|------------------------------|------------------------------|
| 1 1/2 cups carrot pulp       | 1/2 cup brown sugar, packed  |
| 1 cup milk (canned or whole) | 1/2 cup chopped nuts         |
| 1/2 cup water                | 1/2 teaspoon salt            |
| 2 eggs                       | Mixed spices: cinnamon, etc. |
|                              | 1 unbaked pie shell          |

Cook carrots and sieve until fine. Scald milk and water. If whole milk is used, use 1 1/2 cups and no water. Beat eggs only enough to mix. Add scalded milk gradually. Add sugar, spice, salt, carrot pulp and nuts. Pour into unbaked shell. Bake at 450° F. for 15 minutes, reduce to 350° F. and bake for 30 minutes or longer. Bake until silver knife comes out clean. Serve plain or with whipped cream.

Mrs. J. R. NEWCOMBE.

## APPLE FLUFF PIE

- |                                  |                           |
|----------------------------------|---------------------------|
| 2 cups well sweetened applesauce | 2 tablespoons lemon juice |
| 2 eggs                           | 1 tablespoon flour        |
|                                  | Salt—a few grains         |

Combine apple sauce, lemon juice, salt, flour and well beaten yolks. Cook over hot water until thick and smooth. Fold in stiffly beaten whites. Pour into pastry lined pie pan. Bake in hot oven until crust is brown and filling is firm.

Mrs. H. W. WENTWORTH.

## ORANGE MERINGUE PIE

- |                      |                           |
|----------------------|---------------------------|
| 1 cup sugar          | Grated rind of 1 orange   |
| 1/3 cup flour        | 1 cup orange juice        |
| 1/4 teaspoon salt    | 2 tablespoons lemon juice |
| 2 tablespoons butter | 3 eggs                    |

Mix dry ingredients and fruit juices and cook in double boiler 10 minutes, stirring until thickened. Add butter and egg yolks beaten light. Cook 2 minutes longer. Cool and turn into baked pie shell. Cover with meringue made of egg whites and 6 tablespoons sugar. Put into moderate oven 10 minutes to brown.

Mrs. THEODORE MONROE.

## SOUR CREAM RAISIN PIE

- |                         |                            |
|-------------------------|----------------------------|
| 1/2 recipe plain pastry | 1/8 teaspoon salt          |
| 2 eggs, slightly beaten | 1/2 teaspoon nutmeg        |
| 1 cup sugar             | 1/2 teaspoon cinnamon      |
| 1 cup sour cream        | 1 cup chopped raisins      |
| 1 tablespoon flour      | 1/2 cup chopped butternuts |

Beat together eggs and sugar; gradually stir in sour cream. Mix together flour, salt and spices; stir into raisins and nuts. Add to egg-cream mixture, then turn into pastry lined plate. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 25 to 30 minutes longer, or until knife inserted comes out clean. Yield: 1 one-crust (9-inch) pie.

DAISY SCHLUNTZ.

## LEMON CHIFFON PIE

- |                                   |                     |
|-----------------------------------|---------------------|
| 1 tablespoon gelatin or agar agar | 1 cup sugar         |
| 1/4 cup cold water                | 1/2 cup lemon juice |
| 4 eggs                            | 1/2 teaspoon salt   |
| 1 teaspoon grated lemon rind      | Whipped cream       |
|                                   | Lady fingers        |

Soak the gelatin in cold water 5 minutes. Separate eggs. To the yolks add 1/2 cup sugar, the lemon juice and salt, cook over boiling water until thick. Add softened gelatin to the hot custard, stir in grated lemon rind and cool. Beat egg whites until stiff, fold in the remaining 1/2 cup of sugar. Fold egg white mixture into the cool custard. Pour into pie tin lined with ladyfingers cut in halves. Chill. Serve with whipped cream. If agar agar is used refer to recipe for Agar Gel.

EMMA JOHNSON.

## BLUEBERRY PIE

- |                       |                     |
|-----------------------|---------------------|
| 2 cups blueberries    | 1 pinch salt        |
| 1 cup sugar           | 1 tablespoon butter |
| Juice of half a lemon | 1 tablespoon flour  |

Use a rich pastry.

DAISY SCHLUNTZ.



## ICE CREAM—ELECTRIC REFRIGERATOR

- |                 |                       |
|-----------------|-----------------------|
| 1½ cups milk    | 1 pint whipping cream |
| 18 marshmallows | Candy stick           |

Heat the milk and add the marshmallows and stir until they are dissolved. Let cool. Whip one pint of cream and add the marshmallow mixture and beat well. Put a mashed candy stick into this. Pour into trays and freeze.

MRS. WEBER.

## ICE BOX ICE CREAM

- |                          |                      |
|--------------------------|----------------------|
| 2 cups lukewarm milk     | ¼ cup white syrup    |
| 1 Junket tablet          | 2 eggs, separated    |
| 2 tablespoons cold water | Flavoring            |
| ¼-½ cup sugar            | 1 cup whipping cream |

Dissolve Junket tablet in cold water and add to milk. Place in ice box to cool. Beat egg whites until stiff, pour in yolks and beat again. Add sugar and milk and beat. Season. Pour into trays and when it starts to freeze add whipped cream. Stir occasionally.

MRS. CLIFFORD GERKING.

## FRIGIDAIRE CHOCOLATE ICE CREAM

- |                                 |                                |
|---------------------------------|--------------------------------|
| 2 cups scalded milk             | 1 cup sugar                    |
| 1 teaspoon gelatin or agar agar | Cold water to dissolve gelatin |
| ½ pint whipping cream           | Vanilla                        |
| Chopped nuts                    | Chocolate or cocoa             |
|                                 | 1 tablespoon flour             |

Scald milk in double boiler and add sugar and flour which have been mixed. Cook until thick. Add the gelatin which has soaked for 5 minutes in a small amount of cold water. Chill until thick. Add whipped cream, seasoning and nuts. Freeze until firm, stirring every half hour. Chocolate may be added as desired. If agar agar is used refer to recipe for Agar Gel.

## MAPLE FREEZE

- |                                  |                          |
|----------------------------------|--------------------------|
| 2 cups milk                      | 1 cup canned maple syrup |
| 2 teaspoons gelatin or agar agar | 1 teaspoon vanilla       |
| 2 egg yolks                      | 1 cup heavy cream        |
|                                  | Salt                     |

Soften gelatin in ¼ cup cold milk. Scald 1 cup milk and pour over beaten egg yolks. Cook and stir until dissolved. Chill. Add remaining milk, maple syrup, vanilla, and salt and pour into the freezing tray. When mixture begins to thicken, stir in whipped cream. Stir several times during freezing. If agar agar is used refer to recipe for Agar Gel.

MRS. D. R. NICHOLS.

## FAVORITE APRICOT ICE CREAM

- |                              |                           |
|------------------------------|---------------------------|
| 4 cups cooked dried apricots | ¼ teaspoon almond extract |
| 2 cups sugar                 | 1 teaspoon vanilla        |
| 1 orange, juice              | ¼ teaspoon salt           |
| 1 orange rind, grated        | 1½ quarts thin cream      |

Cover dried apricots with cold water and simmer in covered pan until quite soft. Press through sieve and add sugar, stirring until dissolved. Cool and add the remaining ingredients. The sugar may be increased slightly if mixture is tart. Pour into gallon freezer and freeze. When cream is frozen, remove paddle and pack in ice and salt mixture. One cup crushed pineapple and a mashed banana may be added before freezing. Two rennet tablets may be dissolved in cold water and added to lukewarm milk before freezing for a smoother cream.

MRS. L. T. HAGLE.

## ICE CREAM PARFAIT

- |              |                             |
|--------------|-----------------------------|
| 1 cup sugar  | 1 pint stiffly beaten cream |
| 1 cup water  | 1 teaspoon almond extract   |
| 3 egg whites | ½ teaspoon vanilla          |

Cook sugar and water till it forms a ball in cold water. Pour the syrup over the stiffly beaten egg whites slowly with continued beating. Beat until cold. Add whipped cream and extract. Line a mold with wax paper. Pour in half the mixture. Add red coloring to the other half and pour on top. Cover with wax paper. Freeze. Remove from mold and slice to serve.

VERDA DEER.

## JUNKET ICE CREAM

- |                          |                      |
|--------------------------|----------------------|
| 6 Junket tablets         | 1 tablespoon vanilla |
| 3 tablespoons cold water | 3 cups cream         |
| 3 quarts milk            | Dash of salt         |
| 3 cups sugar             |                      |

Dissolve Junket tablets in cold water. Heat milk, sugar, salt, and vanilla to warm, about body temperature. Add dissolved Junket tablets and stir. Pour into freezer and let stand until set and cool. Whip cream and pour in the top before freezing or add after mixture has started to freeze. Makes about 5½ quarts.

MRS. OREL HUNI.

## MARSHMALLOW ICE CREAM

- |                     |                      |
|---------------------|----------------------|
| ½ pint orange juice | ¼ pound marshmallows |
| ½ pint cream        |                      |

Let marshmallows soak over night in juice. Beat them up well and mix with whipped cream and put in ice box. Keep stirring while cream is freezing or it will ice.

MRS. C. N. TILLMAN.

## BLACK WALNUT CREAM

- |                    |                                  |
|--------------------|----------------------------------|
| 1 cup sugar        | 3½ cups evaporated milk          |
| Pinch of salt      | 1 cup ground black walnuts or 1½ |
| 2 eggs             | teaspoons extract                |
| 1 tablespoon flour | 1 teaspoon vanilla               |

Mix sugar, flour and salt and add 2 cups milk. Cook 10 minutes over boiling water, stirring occasionally. Pour over well beaten eggs, beating vigorously. Cook 5 minutes longer over water, stirring constantly. Add remaining milk. Cool, add flavoring and nuts. Freeze with 1:8 salt-ice mixture. Yield: 1½ quarts.

## ICE CREAM (REFRIGERATOR)

- |                       |               |
|-----------------------|---------------|
| 3 eggs                | 1 cup sugar   |
| 1 pint milk           | Vanilla       |
| 1 pint whipping cream | Pinch of salt |

Beat yolks of eggs with part of sugar, salt and milk. Freeze in tray until stiff. Beat egg whites with remaining sugar, put in ice box. Beat cream, add vanilla, beat in frozen milk mixture. Lightly fold in beaten egg whites. Return to tray and freeze. Stir once if necessary.

FRANCES MOHR.

## ICE CREAM

- |               |                     |
|---------------|---------------------|
| 4 eggs        | 2 cups cream        |
| 2½ cups sugar | 2 teaspoons vanilla |
| Pinch of salt | Milk                |

Beat eggs thoroughly with rotary egg beater. Add sugar and beat thoroughly again. Add cream and enough milk to fill 1 gallon freezer to within 1½ inches of the top.

FRANCES MOHR.



## ICE CREAM

- |               |                 |
|---------------|-----------------|
| 6 eggs        | Flavoring       |
| 2 cups sugar  | 1½ quarts milk  |
| Pinch of salt | 1½ quarts cream |

Separate eggs. Cook yolks, sugar, salt and milk in a double boiler and cool. Add beaten egg whites. Pour into freezer and freeze.

MRS. P. W. OCHS.

## CHOCOLATE ICE CREAM

- |                         |                                 |
|-------------------------|---------------------------------|
| 1 cup sugar             | 3 eggs, beaten                  |
| 1 tablespoon cornstarch | 2 squares unsweetened chocolate |
| ¼ teaspoon salt         | 2 teaspoons vanilla             |
| 2 cups milk, scalded    | 1 cup whipping cream            |

Mix sugar, salt and corn starch. Add scalded milk slowly, stirring well, and place in saucepan or double boiler. Cook, stirring constantly until thick. Remove from heat, add beaten eggs, then cook with constant stirring until thick. Blend in melted chocolate. Cool. Add vanilla and fold in whipped cream. Place in freezing container of freezer. Freeze with 3 parts ice to 1 of salt. When turning becomes difficult remove cover and lift out dasher. Pack down the ice cream, cover and replenish salt and ice. Let stand 1 hour before serving.

MRS. W. D. EMERY.

## FRENCH VANILLA ICE CREAM

- |                       |                     |
|-----------------------|---------------------|
| 2 cups milk           | 3 tablespoons flour |
| 1 cup sugar           | 3 or 4 egg yolks    |
| ½ teaspoon salt       | 3 cups thin cream   |
| 2 tablespoons vanilla |                     |

Measure all ingredients. Mix together the flour, sugar, salt and eggs. Add scalded milk gradually. Cook in double boiler until thick. Stir constantly. Cool and add cream and vanilla. Strain into ice cream freezer.

DAISY SCHLUNTZ.

## FROZEN CARAMEL CUSTARD

- |                    |                         |
|--------------------|-------------------------|
| 1½ cups sugar      | 1½ cups water, boiling  |
| 1 tablespoon flour | ⅛ teaspoon salt         |
| 1 egg              | 4½ cups evaporated milk |
| 1 teaspoon vanilla |                         |

Caramelize 1 cup sugar. Add the water slowly and cook until the caramel dissolves. Mix flour, ½ cup sugar, and salt and add hot caramel syrup gradually, stirring, to prevent lumping. Cook over boiling water 15 minutes, stirring occasionally to keep smooth. Pour mixture over well beaten egg, stirring vigorously. Cook 2 minutes longer over boiling water. Cool and add milk and vanilla. Freeze with 1:8 salt-ice mixture. Yield: 2 quarts.

## PEACH ICE CREAM

- |                 |               |
|-----------------|---------------|
| 1 dozen peaches | 1 quart cream |
| 2 cups sugar    | 1 lemon       |
| 4 egg whites    |               |

Thoroughly mash the peaches. Freeze peaches and sugar 3 minutes. Add the egg whites and other ingredients. Freeze. Makes about 2 quarts.

DAISY SCHLUNTZ.

## LEMON SHERBET

- |               |                   |
|---------------|-------------------|
| 8 cups sugar  | Juice of 6 lemons |
| 2 quarts milk |                   |

Strain and freeze like ice cream. One quart of pineapple may be added if desired.

MRS. D. A. HART.

## FROZEN DATE AND FIG DELIGHT

- |                              |                       |
|------------------------------|-----------------------|
| ½ cup chopped dates          | ½ cup syrup from figs |
| 1 cup chopped preserved figs | 1 cup whipping cream  |
| ¼ cup lemon juice            | ½ cup sugar           |
|                              | Pinch of salt         |

Combine fruits, juice, sugar and salt. Pour into freezing tray. When partly frozen fold in the whipped cream very carefully. Freeze until firm.

## MIXED FRUIT ICE

- |                    |                   |
|--------------------|-------------------|
| 3 cups water       | Juice of 3 lemons |
| 1-2 cups cream     | 2 bananas         |
| Juice of 3 oranges | ½ can apricots    |

Crush bananas and apricots. If cream is used, add while freezing.

## PLAIN MOUSSE

- |                                 |                     |
|---------------------------------|---------------------|
| 1 cup whipping cream,           | 6 tablespoons sugar |
| 1 cup rich milk                 | 2 egg whites        |
| 1 teaspoon gelatin or agar agar | 1/16 teaspoon salt  |
|                                 | ½ teaspoon vanilla  |

Soak the gelatin until soft in a little of the milk or thin cream. Heat the remainder, and pour over the gelatin. Add the sugar and stir until dissolved. Chill. Whip the whipping cream. When the gelatin mixture has thickened slightly, beat to incorporate air. Add the vanilla and fold in the whipped cream and well beaten egg whites. Egg whites reduce richness, increase volume and improve texture. With egg whites yield is 4 cups, without, it is 3 cups. If agar agar is used refer to recipe for Agar Gel.

## STRAWBERRY MOUSSE

- |                       |                            |
|-----------------------|----------------------------|
| 1 cup whipping cream, | 2 egg whites               |
| whipped               | ½ cup sugar                |
| 1/16 teaspoon salt    | 1 cup crushed strawberries |

Other fruit may be substituted. Combine the sugar and fruit and stir until dissolved. Fold in beaten whites with salt. Pour into trays and freeze. Canned or frozen pulp or juice may be used if it is thickened with 1 teaspoon gelatin softened in cold water and added to the hot juice. Beat before adding to the whipped cream.

DAISY SCHLUNTZ.

## PINEAPPLE MARLOW

- |                         |                      |
|-------------------------|----------------------|
| 1 cup crushed pineapple | ½ pint whipped cream |
| 15 marshmallows         |                      |

Steam the marshmallows and pineapple until melted. When cool and slightly stiffened combine with whipped cream. Freeze without stirring.

FOODS LABORATORY.

## STRAWBERRY MARLOW

- |                      |                           |
|----------------------|---------------------------|
| 20 marshmallows      | 1 tablespoon orange juice |
| ¼ cup water          | 1 cup crushed berries     |
| ½ pint whipped cream | 1 tablespoon sugar        |

Wash, stem, and crush berries. Mix with the sugar and juice and let stand 30 minutes. Steam the marshmallows and water together over hot water until liquid. Remove from heat. Add the prepared berries and set aside to cool. When quite cold and stiffened slightly, combine with the whipped cream. Freeze without stirring.

FOODS LABORATORY.



## CRANBERRY SHERBET

- |       |                               |     |                    |
|-------|-------------------------------|-----|--------------------|
| 1     | teaspoon gelatin or agar agar | 1/2 | cup cream          |
|       |                               | 1/4 | cups sugar         |
| 2     | tablespoons cold water        | 1/2 | lemon, juice       |
| 2     | cups cranberries              | 2   | oranges, juice     |
| 1 1/2 | cups water                    | 2   | egg whites, beaten |

Soak gelatin in cold water 5 minutes. Wash cranberries until clean and cook in water until tender. Rub through sieve, add gelatin, sugar and fruit juice and stir until gelatin is dissolved. Cool and pour into tray and freeze. When solid one inch from side of tray, remove from tray and beat in cold mixing bowl with rotary egg beater until light. Add beaten egg whites and cream. Return to trays and complete freezing. If agar agar is used refer to recipe for Agar Gel.

FOODS LABORATORY.

## APRICOT SHERBET

- |     |                   |       |                         |
|-----|-------------------|-------|-------------------------|
| 1   | cup apricot pulp  | 1 1/2 | tablespoons lemon juice |
| 1   | cup apricot juice | 1/2   | cup thin cream          |
| 1/2 | cup water         | 2     | egg whites              |
| 1/4 | cup sugar         |       | Pinch of salt           |

Soak dried apricots and stew. Drain juice. Cook 1 cup juice, water and sugar for 10 minutes. Cool. Run apricots through sieve and add lemon juice. Add first mixture to second and chill. Freeze to a mushy consistency. Remove to an ice cold mixing bowl and beat until light. Add beaten egg whites and cream. Return to trays and allow it to finish freezing. If mixture is somewhat separated after it is partly frozen, it can be beaten again. Be sure the cold control is set properly.

DAISY SCHLUNTZ.

## PINEAPPLE SHERBET

- |       |                             |     |                                    |
|-------|-----------------------------|-----|------------------------------------|
| 1     | No. 2 can crushed pineapple | 3   | cups boiling water                 |
|       | Grated rind 1 lemon         | 1   | envelope gelatin or agar agar      |
| 1 1/2 | cups sugar                  | 1/4 | cup cold water or juice of 1 lemon |
|       |                             | 2   | egg whites                         |

Combine pineapple, and juice, grated lemon rind, sugar and water and bring to a boil. Pour over gelatin softened in cold water and dissolve. Cool, add lemon juice and freeze to a mush. Add beaten egg whites and finish freezing. If agar agar is used refer to recipe for Agar Gel.

MRS. W. D. EMERY.

## TUTTI-FRUTTI ICE CREAM

- |   |   |     |                      |
|---|---|-----|----------------------|
| 1 | cup crushed pineapple, drained          | 2/3 | cup powdered sugar   |
|   | 1/2 bottle maraschino cherries, chopped | 1   | egg                  |
| 1 | teaspoon vanilla                        | 1/2 | cup walnuts, chopped |
|   |   | 1   | cup whipped cream    |

Beat egg, add sugar, then add remainder of ingredients, folding in the whipped cream last. Pour in tray and freeze stirring once while freezing.

MRS. R. C. McCLENAHAN.

## CHOCOLATE CHIP ICE CREAM

- |     |                         |     |                       |
|-----|-------------------------|-----|-----------------------|
| 1   | cup hot milk            | 1/2 | pint whipped cream    |
| 1/2 | pound (20) marshmallows | 1   | teaspoon vanilla      |
|     |                         | 1/4 | pound sweet chocolate |

Melt marshmallows in hot milk. Cool, add vanilla. Chill to a custard and add the chocolate chipped to fine particles. Fold in whipped cream. Freeze.

MRS. P. W. CHRISTIAN.

## SIMPLE PINEAPPLE DESSERT

One can pineapple. Separate fruit from juice. Dice pineapple. Thicken juice with cornstarch. When cold mix all together with whipped cream.

MRS. W. A. GOSMER.

## CRANBERRY DESSERT

- |   |                     |     |            |
|---|---------------------|-----|------------|
| 1 | cup raw cranberries | 2   | cups sugar |
| 1 | cup raw apples      | 1/2 | cup nuts   |

Grind the cranberries and the apples in food chopper and mix in the sugar. Let stand an hour. Just before serving add the nuts and top with whipped cream. Has flavor like fresh strawberries. Will keep a day or so.

MRS. R. T. EMERY.

## OXFORD APPLES

- |     |                   |     |                            |
|-----|-------------------|-----|----------------------------|
| 4   | large tart apples | 1/2 | cup fine bread crumbs      |
| 1   | tablespoon butter | 4   | egg yolks                  |
| 1/2 | cup sugar         | 4   | egg whites                 |
| 1/2 | cup cream         | 2   | tablespoons powdered sugar |

Make a very dry sauce of apples. Mash and add butter, sugar, bread crumbs, egg yolks, 2 beaten whites and cream. Pour into a baking dish and bake until thoroughly heated through. Cover with meringue made from 2 egg whites and 2 tablespoons powdered sugar.

MRS. A. ANDERSON.

## SWEDISH BAKED APPLE

- |     |                        |        |                  |
|-----|------------------------|--------|------------------|
| 5   | large apples           | Jam    |                  |
| 1   | egg yolk               | Butter |                  |
| 2   | tablespoons cream      | 1/2    | cup brown sugar  |
| 6   | crackers, crumbed      | 1      | cup water        |
| 1/2 | cup chopped nuts       | 1      | egg white        |
| 5   | marshmallows, cut fine | 1      | tablespoon sugar |

Peel and core apples. Mix egg yolk and cream and coat apples. Roll in cracker crumbs. Place in baking dish and fill centers with nuts and marshmallows mixed. Dot with butter and jam. Pour brown sugar and water in bottom of pan. Bake in slow oven basting frequently. Make a meringue of the egg white and sugar and put on top of each apple when done and brown slightly. Garnish with a cherry.

## APPLE CRISP

- |   |                    |     |           |
|---|--------------------|-----|-----------|
| 4 | cups sliced apples | 1/2 | cup water |
| 1 | teaspoon cinnamon  | 1   | cup sugar |
| 4 | tablespoons butter | 3/4 | cup flour |

Cut apples in 1/4-inch slices. Butter baking dish and put in sliced apples. Over this pour the water and cinnamon. Work sugar, flour and butter together until crumbly. Spread over the apple mixture and bake uncovered. Serve warm with whipped cream or lemon sauce.

DAISY SCHLUNTZ.

## APPLE CHARLOTTE

Grease heavily a pie dish and coat with bread crumbs. Make alternate layers of thick slices peeled and cored cooking apples and a mixture of bread crumbs, butter and grated lemon rind. Scatter brown sugar over the apple layers. Cover the dish with ungreased paper and bake about 1 hour and 15 minutes in a moderate oven.

LORENA UPDEGRAVE.



## CHEESE APPLE DUMPLINGS

- |                  |                           |
|------------------|---------------------------|
| 1½ cups flour    | ½ cup grated cream cheese |
| 1 teaspoon salt  | Cold water                |
| ½ cup shortening | Apples                    |

Sift flour and salt together. Work in shortening and grated cheese. Add enough cold water to make a firm dough. Roll out and cut in squares large enough to cover a medium sized peeled and cored apple. Fill the cavity of the apple with sugar and cinnamon. Draw the corners of the crust to the top and pinch together. Bake in a moderate oven until apples are tender and crust browned. Serve garnished with additional cheese and the following sauce:

- |                        |                      |
|------------------------|----------------------|
| 1 cup granulated sugar | 2 tablespoons butter |
| 1 teaspoon cinnamon    | ¾ cup water          |

Mix all together and boil 5 minutes. When cool serve around dumplings.

## CURRANT PUDDING

- |                     |                       |
|---------------------|-----------------------|
| 2 cups flour        | 1 cup currants        |
| 2 cups bread crumbs | 1 cup brown sugar     |
| 1 cup shortening    | 1 tablespoon molasses |
| 1 cup raisins       |                       |

Mix all and boil 4 hours in double boiler.

MRS. L. T. HAGLE.

## DATE PUDDING

- |                         |                 |
|-------------------------|-----------------|
| 4 cups boiling water    | 1 cup dates     |
| 1 cup brown sugar       | ½ cup nuts      |
| 1 cup whole wheat flour | ½ teaspoon salt |

Boil water and sugar together 5 minutes. Add other ingredients and cook 15 minutes. Serve with whipped cream.

FRANCES FOWLER-PETERS.

## THANKSGIVING PUDDING

- |                        |                                   |
|------------------------|-----------------------------------|
| ¼ cup cold water       | 1 tablespoon gelatin or agar agar |
| ¼ cups prune juice     | 1 cup cream or canned milk        |
| ½ cup sugar            | ¾ cup prunes                      |
| 1 square chocolate (or | ½ cup pecans                      |
| 3 tbsp. cocoa)         | Salt                              |

Soak gelatin in cold water 5 minutes. Drain juice from cooked prunes. Heat with sugar and chocolate. Strain, add gelatin and cool. As it thickens, beat well and add whipped cream, chopped prunes and nuts. Pour into wet molds. To serve, unmold and garnish with nut meats and stuffed prunes and serve with whipped cream. Serves 6. If agar agar is used refer to recipe for Agar Gel.

MRS. F. SIRES.

## EASY-STREET DESSERT

- |                        |                     |
|------------------------|---------------------|
| 1 package gelatin, any | 2 cups cream        |
| flavor desired or      | 4 tablespoons sugar |
| agar agar              | Flour               |
| ½ cup hot water        | Graham crackers     |

Dissolve gelatin in hot water. Cool. Whip cream and add the sugar and a little flour. Mix with cooled gelatin mixture. Pour into a pan lined with crushed graham crackers. Top with graham cracker crumbs. Let set. Serve with whipped cream and cherry decoration. If agar agar is used refer to recipe for Agar Gel.

MRS. MOLLIE SITTE.

## BAKED APPLE FRITTERS

- |                       |              |
|-----------------------|--------------|
| 2 cups chopped apples | ½ cup sugar  |
| ½ cup sifted flour    | ⅓ cup butter |

Mix and pour into buttered pan to depth of ½ inch. Bake in quick oven until brown. Cut in squares and serve with maple syrup.

WINIFRED HOLMDEN.

## HINTS FOR A GOOD CUSTARD

1. Plan 6 eggs to a quart of milk.
2. After milk, eggs and sugar or honey are put together, strain before filling custard cups.
3. Bake custards in a pan of hot but not boiling water.
4. Keep oven low (225°-250° F.).
5. When a silver knife inserted in a custard comes out clean your custard is done.

FLORENZA BRINGLE.

## BAKED CUSTARD WITH CARAMEL SAUCE

(Modification of Plain Baked Custard)

½ cup sugar for caramel sauce

Caramelize the sugar in a heavy iron or aluminum frying pan until a delicate amber color. Heat the custard cups in very hot water. Dry the cups and pour in the caramel, rotating the cups so that the sides and bottom are coated with a film. Use 1½ tablespoons of caramel in each cup. After the caramel hardens pour in the custard (plain custard) filling the cups. Bake as for the plain custard. Unmold either hot or cold onto dessert plates. The caramel melts during the baking process, and when the custards are turned out the caramel forms a sauce around them.

EVELYN DEGERING-VULLIET.

## CARAMEL CUSTARD (BAKED)

- |             |                 |
|-------------|-----------------|
| 1 pint milk | Few grains salt |
| 2 eggs      | Vanilla         |
| ½ cup sugar |                 |

Melt sugar to a light brown syrup, in a sauce pan over the fire. Add scalded milk very gradually and cook until free from lumps. Pour this gradually into the slightly beaten eggs. Add the flavoring and pour into custard cups. Place cups in pan of hot water and bake in a moderate oven until firm. Test for sufficient cooking by inserting a knife into the custard; if it comes out clean the custard is done. Do not let the water around the cups boil.

FOODS LABORATORY.

## DATE UPSIDE-DOWN PUDDING

- |                          |                       |
|--------------------------|-----------------------|
| 1½ cups water            | 1½ cups pancake flour |
| 1 cup brown sugar        | ½ cup sugar           |
| 3 tablespoons butter     | 1 cup pitted dates    |
| 1 teaspoon grated orange | ¾ cup milk            |
| rind                     |                       |

Boil the water, brown sugar, butter and orange rind together for 5 minutes. Sift and measure flour and add sugar and dates, mixed together. Add milk to make a soft dough. Pour over the sugar mixture in a deep dish. Bake 15 minutes.

OLIVE JENKINS.



## APPLE SNOW CUSTARD

## Snow

- 2 egg whites                      1½ cups apple sauce**  
**(Put through sieve)**

Beat egg whites until stiff. Add applesauce gradually and beat until fluffy.

## Custard

- |    |           |   |                        |
|----|-----------|---|------------------------|
| 2  | egg yolks | 2 | tablespoons cornstarch |
| 1½ | cups milk | 1 | teaspoon vanilla       |
| 1  | cup sugar |   |                        |

Cook together in double boiler. Serve cold, placing snow on top of the custard.

DELPHA HARDY-LUNDEEN.

## BAKED CUSTARD WITH MERINGUE

- |   |                   |                 |
|---|-------------------|-----------------|
| 1 | egg white         | ¼ teaspoon salt |
| 2 | tablespoons sugar | Plain custard   |

Beat the egg white to a froth. Add the salt. Continue beating until stiff, then add the sugar gradually, continuing to beat until meringue holds to a point. Place the meringue on top of the custard which has been baked at 325° F. for 25 or 30 minutes. With a fork using a circular motion spread the meringue over the entire surface in a swirl. Reduce the oven temperature to 300° F. Replace the custards and continue to bake 15 to 20 minutes or until the meringue is a delicate brown, and the custard is done. Remove from the oven and from the water to cool. Serve in the container in which baked. Note: Custard cups should be filled to the top so that all the meringue will be above the top of the custard cups. A spoonful of thick jam or marmalade spread in a thin layer under the meringue gives a pleasing variety.

EVELYN DEGERING-VULLIET.

### BORDEN'S STEAMED PUDDING

Take 1 can of Borden's Eagle Brand Condensed Milk and steam it for 3 hours. Cut the can, remove the contents, slice and serve with cream.

MABLE HARRIS.

## LEMON FLUFF PUDDING

- |                     |                         |
|---------------------|-------------------------|
| 1 cup sugar         | 2 tablespoons butter    |
| 1 cup milk          | 2 eggs                  |
| 2 tablespoons flour | Juice and rind of lemon |

Cream butter and sugar. Add the egg yolks, flour and lemon. Beat steadily with the rotary beater. Add the milk slowly and fold in beaten egg whites. Bake about 40 minutes in individual cups or casserole in a shallow pan of water at 325° F.

MRS. E. S. CUBLEY.

## APPLE MERINGUE

Pare apples and remove cores leaving apples intact. Combine 2 cups sugar and ½ cup cinnamon candies with water. Boil to make a thin syrup. Place apples in saucepan, a few at a time, cover and cook until tender but not soft, turning once during process. Remove from syrup and cool. Fill centers with chopped almonds. Place marshmallows and 3 tablespoons of apple syrup in a sauce pan. Heat over low flame and continue folding until mixture is smooth and fluffy. Cool. Beat egg whites until stiff; salt and blend. Fold meringue into softened marshmallows. Spread over apples in swirls and stick almonds in the meringue. Brown in hot oven (450° F.) for about ½ minute.

MRS. W. D. EMERY.

## BROWN BETTY

- 1 quart chopped apples  
1 quart raisins  
1/2 cup sugar  
1 1/2 cups water
- 1 tablespoon lemon juice  
1/4 teaspoon salt  
1 cup zwieback crumbs

Spread  $\frac{1}{2}$  the raisins in bottom of dish, then  $\frac{1}{2}$  the chopped apples. Add  $\frac{1}{2}$  the sugar and  $\frac{1}{2}$  the crumbs. Add the rest of the raisins, then apples, then sugar and crumbs. Add the salt and lemon juice to water and pour over top. Cover and bake for 1 hour in pan of water. Remove cover and water, then brown. Serve with vanilla sauce.

MRS. L. T. HAGLE.

## APPLE COCONUT PUDDING

Arrange in a buttered casserole alternate layers of sliced apple, shredded coconut and raisins. Sprinkle with cinnamon, brown sugar and dots of butter. Bake in a moderate oven until apples are tender. To vary this, bread or cracker crumbs may be used instead of coconut.

LORENA UPDEGRAVE.

### CARAMEL CREAM PUDDING

- 1 pint milk  
1 egg  
1/4 cup sugar  
1 cup whipped cream
- 2 tablespoons cornstarch  
1/4 teaspoon vanilla  
Salt

To obtain the caramel flavor put half the sugar in a sauce pan, set over hot fire and stir until sugar melts and browns to a golden brown. Add  $\frac{1}{4}$  cup of hot water and cook down to a thick syrup. Add this to the milk which has been brought to scalding in a double boiler. Mix all other ingredients except the cream, add to the milk and stir until thick; then pour out into a shallow dish to cool. When chilled fold the whipped cream through and serve. Chocolate, tapioca or coconut puddings are good served in this way.

MRS. G. W. MILLER.

### BUTTERSCOTCH PUDDING

- 1½ cups milk  
¾ cup brown sugar  
1 egg, separated
- 3 tablespoons butter  
⅓ cup flour

Heat milk in top part of a double boiler. Add about 2 tablespoons of the hot milk to the brown sugar. Dissolve thoroughly. Add egg yolks, mix, then add flour. Beat until smooth. Place the hot milk in upper part of double boiler. Stir the brown sugar mixture into the hot milk, and cook until thick. Remove from fire, add butter and fold in beaten white. Serve cold with garnish of whipped cream and nuts. 4 servings.

MRS. STANLEY WALKER.

## INDIAN PUDDING

- |                         |                       |
|-------------------------|-----------------------|
| 2 cups milk             | 1/4 teaspoon nutmeg   |
| 3 tablespoons corn meal | 1/4 teaspoon cinnamon |
| 2 tablespoons butter    | 1 teaspoon salt       |
| 3 tablespoons molasses  | 2 eggs, well beaten   |
| 1/4 cup sugar           |                       |

Heat milk in double boiler. Add corn meal, stir and continue cooking for 15 minutes. Add the other ingredients. Stir until all ingredients are well mixed. Pour in baking dish and bake 50 minutes.

MRS. C. N. TILLMAN.



## KISER CAKE

- |                           |                          |
|---------------------------|--------------------------|
| 6 egg whites beaten stiff | 2 cups sugar, granulated |
| 1 tablespoon lemon juice  | 1 teaspoon vanilla       |

Add sugar to egg whites slowly. Add lemon juice drop by drop and add vanilla. Bake 40 to 50 minutes in a slow oven. When cold, add layer of thin sliced bananas. Cover with thoroughly drained crushed pineapple; then cover with whipped cream. Ground nuts may be sprinkled on top if desired.

EVELYN DEGERING-VULLIET.

## MARSHMALLOW PUDDING

- |                        |                     |
|------------------------|---------------------|
| 1 can pineapple        | 1 cup sugar         |
| 1/2 pound marshmallows | 1 cup whipped cream |

Cut in small pieces the pineapple and marshmallows. Sprinkle over this the sugar and let stand for 2 hours. Then add a cup of whipped cream.

MRS. JOHN E. POTTS.

## CHOCOLATE SPONGE

- |                            |                    |
|----------------------------|--------------------|
| 1 envelope gelatin or agar | 1/3 cup sugar      |
| agar                       | 3 eggs             |
| 1/4 cup cold water         | 1/4 teaspoon salt  |
| 1/4 cup boiling water      | 1 teaspoon vanilla |
| 1 1/2 squares chocolate    |                    |

To substitute cocoa for chocolate use 4 tablespoons cocoa. Put sugar, melted chocolate and salt together with boiling water and bring to boiling point. Remove from fire. Soak gelatin in cold water. To this add the hot chocolate mixture and stir until dissolved. Cool and add slightly beaten yolks. When it begins to thicken, fold in stiffly beaten egg whites and flavoring. Turn into mold that has been rinsed in cold water and chill. Unmold when firm and serve with whipped cream or whipped evaporated milk. Sprinkle with chopped nuts. Serves 6. If agar agar is used refer to recipe for Agar Gel.

MRS. JOHN E. POTTS.

## APRICOT DAINTY

- |                      |                        |
|----------------------|------------------------|
| 1 cup dried apricots | 1/2 cup powdered sugar |
| 3 egg whites         |                        |

Wash and soak the apricots. Steam until soft and mash or press through coarse strainer. Add sugar. Fold stiffly beaten egg whites into mixture. Chill and serve. Dried prunes may be used. A custard sauce may be added.

DAISY SCHLUNTZ.

## APRICOT WHIP

Cook 1/2 pound dried apricots and sweeten as for sauce. Drain off the juice and add enough water to make 1 pint. Heat to boiling and dissolve 1 package orange gelatin or agar agar in it. When cool set in ice or very cold water and whip with egg beater to consistency of thick whipped cream. Add drained apricots which have been put through a colander. Serve with custard or whipped cream. If agar agar is used refer to recipe for Agar Gel.

MRS. J. OGDEN.

## GRAHAM CRACKER PUDDING

- |                        |                       |
|------------------------|-----------------------|
| 1 pound dates          | Milk to bind together |
| 1/2 pound marshmallows | Nuts if desired       |
| 26 graham crackers     |                       |

Cut dates and marshmallows into small pieces. Roll crackers. Form into loaf or roll and wrap with wet cloth and put in ice box for at least 6 hours. Serves 6.

DAISY SCHLUNTZ.

## BAKED GRAHAM CRACKER PUDDING

- |                         |                          |
|-------------------------|--------------------------|
| 2 cups graham crackers, | 1/2 cup canned milk      |
| crumbed. Moisten with   | 1/2 cup walnuts, chopped |
| hot water               | 1/2 cup dates, chopped   |

Put in greased pan and over the top sprinkle thickly with brown sugar and dot with butter. Bake till nicely brown. Serve with the following dip:

- |                         |                   |
|-------------------------|-------------------|
| 1 tablespoon cornstarch | 1 cup white sugar |
| 1 cup cold water        |                   |

Cook in double boiler. Add butter size of walnut and maple flavoring.

MRS. ESTEL ROGERS.

## HI-HO

- |                         |                             |
|-------------------------|-----------------------------|
| 1 package lemon gelatin | 1 pint vanilla ice cream    |
| or agar agar            | 1/2 cup blanched almonds or |
| 1 small can crushed     | cashews                     |
| pineapple               |                             |

Drain the juice from the pineapple and use in place of some of the water for the gelatin. Set gelatin aside until it begins to set. Whip in the ice cream with a Dover beater and add the crushed pineapple and nuts. Keep in the refrigerator tray until ready to serve. If agar agar is used refer to recipe for Agar Gel.

LILAH GODFREY.

## ICE BOX PUDDING

- |                        |                           |
|------------------------|---------------------------|
| 1 cup butter           | 4 dozen lady fingers      |
| 4 eggs                 | 2 3/4 cups powdered sugar |
| 1 tablespoon vanilla   | 2 cups whipped cream      |
| 1 small bottle candied | 1 small can pineapple     |
| cherries               | Roasted almonds, cut fine |

Cream butter, add sugar, vanilla and yolks. Add beaten egg whites (mixture should be fluffy). Line a mold with split lady fingers; put in a layer of dough; then cherries, pineapple and almonds; then whipped cream, etc. Have lady fingers on top. Leave in ice box 24 hours. Turn out and serve with whipped cream. Serves 24 people.

DAISY SCHLUNTZ.

## PINEAPPLE ICE BOX DELIGHT

- |                     |                         |
|---------------------|-------------------------|
| 1/3 cup butter      | 1 cup crushed pineapple |
| 1 cup sugar         | 1/2 cup chopped nuts    |
| 3 egg yolks, beaten | 14 graham crackers      |

Cream butter and sugar. Add the egg yolks. Drain the pineapple before measuring. Add pineapple and chopped nuts. Crush the crackers into crumbs. Spread crumbs on bottom of pan. Add a layer of the mixture. Spread the other half of the crumbs on top. Moisten on top.

DELPHA HARDY-LUNDEEN.

## DATE CRUMBLE

- |             |                               |
|-------------|-------------------------------|
| 3 eggs      | 1 cup bread or cracker crumbs |
| 1 cup sugar | 1 cup chopped dates           |
|             | 1/2 cup chopped walnuts       |

Beat egg whites until stiff, add beaten yolks. Add remainder of ingredients. Bake about 30 minutes in moderate oven. Crumble. Serve with whipped cream.

MRS. F. W. PETERSON.



## FRUITADE

- |                            |               |
|----------------------------|---------------|
| 1/2 cup shredded pineapple | 1/2 cup honey |
| Juice 1 orange             | Juice 1 lemon |
| 2 cups water               |               |

Mix the lemon and orange juice with the pineapple and water. Add honey. Strain and place in refrigerator to cool. Serve with ice cubes. Serves 2.

## PLAIN MOUSSE

- |                   |                        |
|-------------------|------------------------|
| 1 cup heavy cream | 1/2 teaspoon flavoring |
| 1/2 cup honey     | 1 egg white            |

Whip the cream until very stiff. Add honey and flavoring. Add stiffly beaten egg whites. Pour into tray and freeze.

## HONEY TAFFY

- |             |             |
|-------------|-------------|
| 1 cup honey | 1 cup sugar |
|-------------|-------------|

Boil sugar and honey together to a *very hard ball* stage. Pour on greased plates, cool slightly and pull.

Mrs. E. S. CUBLEY.

## CRISP CRACKERS

- |                         |               |
|-------------------------|---------------|
| 1 cup whole wheat flour | 1/2 cup honey |
| 1 cup white flour       | Pinch of salt |
| 1 cup heavy cream       |               |

Knead ingredients together. Roll very thin and bake in a slow oven.

Mrs. W. F. MOHR.

## PEACH CRISP

Put 4 cups peaches in a pan. Add 1/4 cup honey and 1/2 cup sugar. Sprinkle 1/4 teaspoon cinnamon over top. Cream 1/2 cup sugar and 1/2 cup butter together and add 2 beaten eggs. Beat thoroughly. Mix this with 2 cups corn-flakes and 2 cups toasted bread cubes. Pour this over the peaches in pan. Bake 45 minutes.

OLIVE JENKINS.

## DAFFODIL MERINGUE

- |                                  |                           |
|----------------------------------|---------------------------|
| 2 tablespoons granulated tapioca | 2 tablespoons lemon juice |
| 1/2 cup honey                    | 3 eggs                    |
| 1 pint boiling water             | 1 tablespoon butter       |
|                                  | Salt                      |

Moisten the tapioca with cold water and stir it into the boiling water. Salt and cook until clear. Beat the egg yolks and beat into the honey with the lemon juice and butter. Add this to the tapioca and cook in double boiler until it thickens. Pour into a buttered dish. Cover with a meringue made from beaten egg whites with 3 tablespoons honey beaten in. Bake in oven until a delicate brown.

## BAKED HONEY CUSTARD

- |                     |                     |
|---------------------|---------------------|
| 4 cups scalded milk | 1 teaspoon vanilla  |
| 1/2 cup honey       | 1/2 teaspoon nutmeg |
| 4 eggs              | 1/4 teaspoon salt   |

Blend the eggs with a fork and add the honey, nutmeg and salt. Stir constantly while slowly adding the hot milk. Add the extract. Put in buttered baking dishes. Set in a pan of warm water and bake in a moderate oven until an inserted knife comes out clean.

Mrs. RUTH COOPRIDER.

## FRUIT CANDY

- |                        |                           |
|------------------------|---------------------------|
| 1 pound figs           | 1 pound nut meats         |
| 1 pound dates          | 1 tablespoon orange juice |
| 1 pound seeded raisins | 2 tablespoons honey       |

Grind fruit and nuts through a fine food grinder. Add orange juice and honey, mix well. Pack in wax paper-lined pan, smooth on top and weight down for 5 hours and cut in squares.

Mrs. R. L. COLLINS.

## HONEY NUT ROLLS

- |                         |                         |
|-------------------------|-------------------------|
| 1/2 cup lukewarm water  | 1 teaspoon salt         |
| 1/2 cup lukewarm milk   | 1 egg yolk              |
| 1 cake compressed yeast | 4 1/2 cups flour        |
| 2 tablespoons oil       | 1 teaspoon lemon flavor |
| 1/4 cup sugar           | 2 tablespoons honey     |

Mix dough as usual. When light, roll out and treat as other rolls. Sprinkle with brown sugar, roll and cut. Oil baking pan and sprinkle with honey and 2 tablespoons brown sugar and some walnut halves. Place rolls on this and set to rise. Bake and when done, turn pan upside-down to cool.

Mrs. L. T. HAGLE.

## HONEY ICE CREAM

- |                  |                     |
|------------------|---------------------|
| 4 eggs           | 1 teaspoon vanilla  |
| 1 1/2 cups honey | 1 1/2 quarts cream  |
| 1 cup sugar      | 2 quarts whole milk |

Mix ingredients together and freeze. This makes one gallon.

Mrs. S. D. SMITH.

## SWEET POTATO AND ORANGE CASSEROLE

- |                         |                           |
|-------------------------|---------------------------|
| 10 large sweet potatoes | 1/2 cup strained honey    |
| 2/3 cup brown sugar     | 1/2 cup fine bread crumbs |
| 1/2 cup butter          | 1/4 cup brown sugar       |
| 3 oranges               | 1 tablespoon butter       |
| 1 cup orange juice      |                           |

Boil sweet potatoes until almost tender; peel and slice. Arrange a layer in a greased casserole. Sprinkle with brown sugar and dot with butter. Cover with layer of thinly sliced unpeeled orange. Repeat until all the ingredients are used. Over all pour the orange juice and honey. Cover top with bread crumbs mixed with brown sugar and dot with butter. Cover casserole and bake in a moderate oven about 1 hour. Remove cover for last 15 minutes to crisp the top.

Mrs. BERT TUCKER.

When substituting honey for sugar in cakes and cookies, for each cup of honey used, omit one-fourth cup or four tablespoons of the liquid specified.

Cakes and cookies made with honey will remain moist for several weeks.

Candy made from honey often has a strong flavor that may be rather disagreeable, owing to decomposition of the dextrose and levulose during cooking. If a little lemon juice is added the characteristic flavor of honey will be retained.

Moderate quantities of honey yield candies of excellent flavor and texture, while too much honey results in a soft, sticky product. Therefore it is advisable to follow tested recipes for candies and frostings.



## APRICOT HONEY ICE-CREAM

- |                                  |                     |
|----------------------------------|---------------------|
| 3 egg yolks                      | Juice of 1 lemon    |
| $\frac{1}{3}$ cup strained honey | 1 cup whipped cream |
| $\frac{1}{2}$ cups apricot puree |                     |

Beat egg yolks until thick and lemon colored. Add honey gradually, beating the mixture until very thick. Fold in sieved apricots and the lemon juice. Mix lightly. Fold in stiffly beaten cream. Pour into trays and freeze quickly until firm.

MRS. MOLLIE SITTNER.

## PUMPKIN CUSTARD WITH MERINGUE

- |                      |                                 |
|----------------------|---------------------------------|
| 2 cups milk or 1 cup | 10 tablespoons honey            |
| evaporated milk and  | $\frac{3}{4}$ teaspoon salt     |
| 1 cup water          | $\frac{3}{4}$ teaspoon cinnamon |
| 1 tablespoon butter  | 1 cup pumpkin                   |
| 3 eggs, separated    |                                 |

Scald milk and butter. Beat yolks slightly. Add 4 tablespoons of the honey, the salt and cinnamon. Combine milk, egg mixture and pumpkin and blend. Pour into greased  $1\frac{1}{2}$  quart casserole; set in pan of warm water and bake in moderate oven for 75 minutes. Remove from oven and top with meringue made from the remaining honey beaten into the stiffly beaten whites. Bake in a slow oven 30 minutes longer, still keeping casserole in pan of water. Serve cold.

MRS. RUTH COOPRIDER.

## RICE PUDDING

- |                              |                             |
|------------------------------|-----------------------------|
| 1 pint milk                  | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup brown rice | 1 teaspoon vanilla          |
| $\frac{1}{4}$ cup honey      |                             |

Cook in double boiler  $1\frac{1}{2}$  hours. Stir in honey and flavoring last.

MRS. DUDLEY DRAYSON.

## JELLY ROLL

- |                          |                             |
|--------------------------|-----------------------------|
| 2 egg yolks              | 1 teaspoon lemon extract    |
| $\frac{1}{2}$ cup sugar  | $\frac{1}{8}$ teaspoon salt |
| 1 tablespoon honey       | 1 teaspoon vanilla          |
| 4 tablespoons water      | $1\frac{1}{4}$ cups flour   |
| 4 tablespoons shortening | 2 egg whites                |

Cream shortening and sugar and add egg yolks. Beat well. Add honey, water, vanilla and lemon extract. Add salt and flour slowly and stir well. Fold in stiffly beaten whites carefully. Bake in a flat pan. When done, turn upside down on greased paper. Spread with jelly and roll with cloth sprinkled with powdered sugar to hold until cold. It is well to bake in a greased pan lined with greased waxed paper.

## HONEY BUTTER SPREAD

- |                          |                                 |
|--------------------------|---------------------------------|
| $\frac{2}{3}$ cup honey  | $\frac{1}{2}$ cup dry skim milk |
| $\frac{1}{3}$ cup butter |                                 |

Place honey in a pint jar and set in pan of hot water and heat thoroughly. Stir in butter. Add dry skim milk and stir thoroughly. Store in refrigerator until used. Spread for hot toast, cottage pudding or as a filling between layers of sponge cake.

ARLIETA ROGERS.

## FONDANT

- |                         |                          |
|-------------------------|--------------------------|
| 2 cups granulated sugar | 1 teaspoon vanilla       |
| 1 cup water             | 2 tablespoons corn syrup |

Put sugar, corn syrup and water in sauce pan and heat slowly. Do not let it begin to boil until dissolved. Cover and cook for 2 or 3 minutes so that the steam will carry down the crystals that have been thrown on the sides of the pan. Remove cover and continue to boil, without stirring, to soft ball stage ( $238^{\circ}$  F.). Remove from fire and put on platter or plate which has been dipped in cold water. Let stand until lukewarm. Stir with spatula until creamy. Knead with hands until smooth and free from lumps. Fondant is better if allowed to stand a few days for ripening. It may be wrapped in wax paper and put in a tightly covered jar.

DAISY SCHLUNTZ.

## NUT CREAMS

Knead fondant and flavor with almond. Knead into a mixture of chopped nuts or moist coconut. Cut into squares or other shapes attractive for dipping into chocolate. Use same mixture for dates.

DAISY SCHLUNTZ.

## MINTS

- |                    |                    |
|--------------------|--------------------|
| Fondant            | Oil of Wintergreen |
| Vegetable coloring |                    |

Melt a portion of fondant in upper part of double boiler, until it is soft enough to drop from spoon. It may be necessary to add a few drops of water. Color with red vegetable coloring to a delicate pink. Flavor with oil of wintergreen. Stir until creamy. Drop from teaspoon on oiled paper.

DAISY SCHLUNTZ.

## ITALIAN CREAMS

- |                              |                       |
|------------------------------|-----------------------|
| 2 cups white sugar           | 1 cup chopped walnuts |
| $\frac{1}{2}$ cup corn syrup | Vanilla               |
| 2 cups cream                 |                       |

Boil sugar, corn syrup and 1 cup cream until thick and brown. Then stir in another cup of cream. Cook until it forms a soft ball. Stir constantly. Beat and add 1 cup chopped walnuts and vanilla.

MRS. J. McCULLOCH.

## CARAMELS

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 2 cups sugar                      | $\frac{1}{8}$ teaspoon salt |
| $1\frac{1}{2}$ cups corn syrup    | 2 cups cream                |
| $\frac{3}{4}$ cup evaporated milk | 2 teaspoons vanilla         |
| 4 tablespoons butter              |                             |

Put together in heavy sauce pan: sugar, syrup, salt and half of the cream. Bring to boiling point stirring constantly. Gradually add remaining cream and milk. Cook to  $238^{\circ}$  F. Add butter and cook to  $248^{\circ}$  F. Remove from fire; add flavoring and nuts. (Must stir).

## DIVINITY

- |                               |                           |
|-------------------------------|---------------------------|
| 3 cups white sugar            | 1 teaspoon vanilla        |
| $\frac{2}{3}$ cup white syrup | $\frac{1}{2}$ cup walnuts |
| $\frac{2}{3}$ cup hot water   | Pinch of salt             |
| 2 beaten egg whites           |                           |

Boil sugar, syrup and hot water until a firm ball is formed in cold water. Do not stir. Pour syrup over egg whites with continuous beating. Beat until quite stiff. Add vanilla and nuts and pour in pan or drop from spoon on oiled paper.



## UNCOOKED FUDGE

- |                        |                        |
|------------------------|------------------------|
| 1 pound powdered sugar | 1 tablespoon vanilla   |
| 4 squares chocolate    | 1 cup walnut meats     |
| Pinch of salt          | 1 pound condensed milk |

Mix all together very thoroughly and let set 4 hours. Cut and serve. Makes 3 pounds of candy.

VERDA DEER.

## DATE FUDGE

- |              |                      |
|--------------|----------------------|
| 3 cups sugar | Dash of salt         |
| 1 cup milk   | 2 cups chopped dates |

Boil sugar and milk until soft ball forms in water. Set off stove for 3 minutes. Put back on stove and add dates. Boil 5 minutes. Beat until firm. Roll in wet cloth and let stand until stiff. Cut.

ESTHER REPP.

## CANDIED ORANGE PEEL

- |                      |                      |
|----------------------|----------------------|
| 8 halves orange peel | 1½ cups sugar        |
| Water                | 2 cups boiling water |
| 2 teaspoons salt     |                      |

Wash orange peels. Cover by 3 inches with water and add 1 teaspoon salt, cover, simmer 30 minutes, drain, add more water and another spoonful of salt. Simmer 15 minutes. Rinse in cold water. With spoon and knife remove all white portion next to skin. Boil sugar and 2 cups hot water 3 minutes, add peel which has been cut into strips with scissors. Cook gently about 15 minutes or until peel is well glazed. Remove a few strips at a time and roll in granulated sugar. Straighten, dry on waxed paper.

MRS. P. W. CHRISTIAN.

## CREAM TAFFY

- |              |                      |
|--------------|----------------------|
| 3 cups sugar | 1 cup hot water      |
| ½ cup butter | 1½ teaspoons vanilla |

Mix sugar, water and butter and cook without stirring to 262° F. Pour quickly onto a very cold buttered platter. As the candy cools, pour the flavoring over it. When just cool enough to handle, pull the candy until it is white and porous. Cut into bars or strips. Allow to stand overnight. This resembles taffy but it melts in the mouth like opera creams.

ESTHER REPP.

## CHERRY CENTERED CHOCOLATES

- |                          |                               |
|--------------------------|-------------------------------|
| ¼ cup syrup              | 2 egg whites                  |
| ½ cup water              | 2 bottles maraschino cherries |
| 2 cups sugar             | 2 pounds dipping chocolate    |
| 1 tablespoon lemon juice |                               |

Boil syrup to hard ball stage (254° F.). Add lemon juice. Pour this into beaten egg whites slowly, with continued beating. Beat until it can be formed into balls in hands. Mold for dipping with a cherry in the center. Dip in melted dipping chocolate.

DAISY SCHLUNTZ.

## MEXICAN PENOCHE

- |                      |                         |
|----------------------|-------------------------|
| 2 tablespoons butter | 1 tablespoon corn syrup |
| 2 cups brown sugar   | 1 pound figs            |
| 1 cup boiling water  | ½ cup chopped nuts      |

Melt butter in sauce pan and add sugar, syrup and water. Let boil until it forms a soft ball in water. Remove from fire and cool. Beat until creamy and add nuts and figs, cut in small pieces. Pour into buttered pan. Cut in squares.

DAISY SCHLUNTZ.

## PEANUT BUTTER CREAM

- |                   |                       |
|-------------------|-----------------------|
| 6 cups sugar      | 2 cups hot water      |
| 1 cup white syrup | 1 pound peanut butter |

Boil the sugar, syrup and water together until a soft yet firm ball can be formed in cold water. Remove from fire and when boiling has ceased, gently drop the peanut butter into the center of the kettle, allow this to stand until slightly cooled; beat thoroughly until it stiffens, then pour into buttered tin and cut in squares when cool.

DAISY SCHLUNTZ.

## OLYMPIAN CREAMS

- |                         |                             |
|-------------------------|-----------------------------|
| 3 cups sugar            | ½ cup caramel syrup         |
| 1 cup thin cream        | ½ cup pecan or walnut meats |
| 1 tablespoon corn syrup |                             |

Mix sugar and corn syrup together. Add caramel syrup and cream. Cook until a waxy ball forms in cold water. Cool until lukewarm. Beat until thick and creamy, adding nut meats just before it becomes creamy.

ARLETA ROGERS.

## PLAIN FUDGE

- |                      |                             |
|----------------------|-----------------------------|
| 3 cups sugar         | 2 squares chocolate, bitter |
| ¼ cup water          | 1 tablespoon butter         |
| ¼ cup white syrup    | 1 teaspoon vanilla          |
| 1 cup condensed milk | ½ cup walnuts               |

Boil all ingredients except butter, vanilla and nuts. Do not stir. When it forms a soft ball add butter and cool. Beat when cool. Add vanilla and nuts when it is stiff. Knead and form into a roll and cut into slices.

ESTHER REPP.

## THREE LAYER FUDGE

- |                     |                             |
|---------------------|-----------------------------|
| 2 cups sugar        | ½ cup chopped marshmallows  |
| 1 tablespoon butter | ⅓ cup shredded coconut      |
| ¾ cup rich milk     | ¼ cup chopped nuts          |
| 2 squares chocolate | ¼ cup chopped dates or figs |

*First Layer:* Boil sugar and milk with two squares of chocolate. When soft ball is formed add butter, cool and beat. Add chopped marshmallows and pour in pan or platter.

*Second Layer:* Use same recipe but leave out the chocolate and marshmallows and add the coconut before pouring.

*Third Layer:* Make same as first but add chopped nuts and figs or dates instead of marshmallows.

VERDA DEER.

## DIVINITY FUDGE

- |                     |                        |
|---------------------|------------------------|
| 2½ cups sugar       | 1 cup walnuts, chopped |
| ½ cup white syrup   | ½ cup ground chocolate |
| 2 teaspoons butter  | 2 egg whites           |
| ½ cup boiling water | 1 teaspoon vanilla     |

Mix sugar, syrup, and hot water and boil to 236° F. or soft ball stage. Add chocolate and let melt. Beat egg whites until stiff and almost dry, add salt while beating. Beat ½ of cooked syrup into egg whites. Cook the remainder of the syrup to 270° F. and add to egg whites. Beat 2 minutes. Add butter and beat for 3 minutes. Add vanilla and nuts. When mixture piles up in ribbon fashion and still has a glossy look, pour in buttered pan.

MRS. L. M. HUDSON.



## DELICIOUS CANDY

- |                    |                      |
|--------------------|----------------------|
| 2 cups sugar       | 1 cup sugar (melted) |
| 1 cup cream        | Vanilla if desired   |
| 1 cup chopped nuts |                      |

Boil 2 cups sugar and cream in large kettle. Melt 1 cup sugar in separate pan and pour into first mixture. Boil until it forms a hard ball in cold water. Add vanilla and chopped nuts. Beat until cool.

MRS. H. R. EMMERSON.

## FUDGE

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 4 cups sugar                          | 3 tablespoons cocoa            |
| 1 cup milk                            | Pinch of salt                  |
| $\frac{3}{4}$ cup white syrup (scant) | 1 tablespoon butter            |
| 1 cup chopped nuts                    | $\frac{3}{4}$ teaspoon vanilla |

Mix sugar, milk, syrup, cocoa, and salt together and cook over medium heat until mixture forms a firm ball when dropped in cold water. Add 1 tablespoon butter. Remove from fire, cool and add  $\frac{3}{4}$  teaspoon vanilla, and beat until it holds its shape. Add 1 cup chopped nuts and pour into pan to set.

MYRTLE WALKER.

## COCONUT FUDGE

- |                        |                                    |
|------------------------|------------------------------------|
| 1 tablespoon butter    | $\frac{1}{2}$ cup shredded coconut |
| 2 cups sugar           | $\frac{3}{4}$ teaspoon vanilla     |
| $\frac{3}{4}$ cup milk |                                    |

Melt butter in sauce pan. Add sugar and milk; bring to boiling point, and boil without stirring until candy will form a soft ball when tried in cold water. Remove from fire, leave undisturbed until cool. Then beat and stir with a spoon until candy begins to get sugary. Add coconut and vanilla. Spread in a shallow buttered pan, and mark in squares.

AGNES L. SORENSON.

## POPCORN BALLS

- |                              |                         |
|------------------------------|-------------------------|
| 1 cup sugar                  | $\frac{1}{4}$ cup water |
| $\frac{1}{2}$ cup corn syrup | 1 tablespoon butter     |

Mix ingredients and boil until a few drops will crack in cold water.

MRS. W. F. MOHR.

## ROCKY ROAD

- |                                  |                        |
|----------------------------------|------------------------|
| $\frac{1}{2}$ pound marshmallows | 1 pound milk chocolate |
| 1 cup walnut meats               |                        |

Sprinkle chopped marshmallows and broken nut meats thickly on oiled pan. Melt chocolate in top part of double boiler over warm, not hot water. Never allow chocolate to get more than lukewarm. This melting process should take about 30 minutes. Pour chocolate over nuts and marshmallows. Cool until mixture is thick. When firm mark in squares.

FRANCES MOHR.

## BUTTERMILK FUDGE

- |                                |                                  |
|--------------------------------|----------------------------------|
| 4 cups white sugar             | 2 teaspoons butter               |
| 1 cup sweet or sour buttermilk | 3 heaping tablespoons corn syrup |

Boil without stirring until it forms a hard ball in cold water. Flavor with lemon. Beat until thick. Add nuts if desired. Put on buttered plate.

MYRTLE SWEARINGEN.

## FRENCH CHOCOLATE

- |  |                                  |
|--|----------------------------------|
| $2\frac{1}{2}$ squares unsweetened chocolate, grated | Dash of salt                     |
| $\frac{1}{2}$ cup cold water                         | $\frac{1}{2}$ cup cream, whipped |
| $\frac{3}{4}$ cup sugar                              | 6 cups hot milk                  |

Combine chocolate and water and cook over direct heat 4 minutes, stirring constantly. Beat with rotary egg beater until smooth. Add sugar and salt and cook 4 minutes longer. Cool. Fold into whipped cream. Place 1 rounding tablespoon of chocolate mixture in each serving cup and pour hot milk over it, filling the cup. Stir well to blend.

DAISY SCHLUNTZ.

## GRANOLA

- |                          |                         |
|--------------------------|-------------------------|
| 4 cups white flour       | 3 cups milk             |
| 4 cups whole wheat flour | 3 cups sweet cream      |
| 4 cups oatmeal           | 1 tablespoon salt       |
| 2 cups cornmeal          | $\frac{1}{2}$ cup sugar |

Mix ingredients and knead well. Roll thin on board. Put on baking pan or sheet and cut into squares. Bake very slowly until a golden brown and very crisp. Grind through a coarse food grinder.

MRS. W. F. MOHR.

## GREEN TOMATO MINCE MEAT

- |                       |                       |
|-----------------------|-----------------------|
| 1 pint green tomatoes | 2 lemon rinds, grated |
| 5 pounds brown sugar  | Salt to taste         |
| 2 pounds raisins      | Nutmeg                |
| 1 cup butter          | Cinnamon              |
| 1 quart lemon juice   |                       |

Chop the tomatoes, drain and add as much water as there is juice. Add water and juice to tomatoes and cook. When hot add sugar, raisins, butter, lemon juice and seasoning. Cook until well done. Finely chopped apples may be added.

MRS. C. N. TILLMAN.

## CRANBERRY RELISH

- |                                 |                                    |
|---------------------------------|------------------------------------|
| $\frac{1}{2}$ pound cranberries | $\frac{3}{4}$ cup granulated sugar |
| 1 large orange                  |                                    |

Wash and grind cranberries, using fine blade. Grate the orange rind and put the rest of orange through grinder. Combine cranberries, orange and sugar. Let stand in refrigerator 2 to 24 hours to ripen. This is excellent served as a relish with roasts. Store tightly covered in refrigerator. Makes 1 pint.

MRS. R. T. EMERY.

## CRANBERRY JUICE COCKTAIL

- |                    |                                    |
|--------------------|------------------------------------|
| 4 cups cranberries | $\frac{2}{3}$ cup granulated sugar |
| 4 cups water       |                                    |

Cook cranberries and water until the skins pop open. Strain through cheese cloth. Bring to a boil, add sugar and boil 2 minutes. Serve cold. Can be put in sterilized bottles, corked and sealed.

For large quantities use:

- |                       |                             |
|-----------------------|-----------------------------|
| 20 pounds cranberries | $8\frac{1}{2}$ pounds sugar |
| 5 gallons water       |                             |

MRS. P. W. CHRISTIAN.



## MOCK CHICKEN GRAVY

- |   |                   |     |                |
|---|-------------------|-----|----------------|
| 1 | tablespoon butter | 1   | teaspoon salt  |
| 1 | tablespoon fat    | 1   | egg            |
| 2 | tablespoons flour | 1/2 | small bay leaf |
| 3 | cups potato water |     |                |

Brown butter, add egg and mix well and cook. Add flour and potato water and lastly add the bay leaf.

OLIVE JENKINS.

## VEGEX

- |   |                            |   |                       |
|---|----------------------------|---|-----------------------|
| 1 | pound compressed yeast     | 4 | tablespoons salt      |
| 3 | tablespoons Instant Postum | 1 | cup shortening, solid |

Break up the yeast and add salt and dry Postum. Stir until creamy. Place in double boiler and cook 3 hours over slow fire or 30 to 60 minutes over quick fire in double boiler, stirring often. 10 minutes before it is done add shortening or butter substitute. Stir it in thoroughly. Remove from fire and pour into glasses.

MRS. R. L. COLLINS.

## CHILI SAUCE

- |   |                    |   |                    |
|---|--------------------|---|--------------------|
| 1 | onion              | 1 | ground dill pickle |
| 3 | tablespoons butter |   | Celery salt        |
| 1 | quart tomato juice |   | Paprika            |
| 1 | bay leaf           |   |                    |

Brown the finely chopped onion in butter. Add tomato juice and season. Boil and add the dill pickle.

OLIVE JENKINS.

## HOT CHOCOLATE SAUCE

- |       |                           |   |                    |
|-------|---------------------------|---|--------------------|
| 1 1/4 | cups milk                 | 1 | cup powdered sugar |
| 2     | squares chocolate, bitter | 1 | teaspoon vanilla   |
| 1/2   | teaspoon butter           |   | Pinch of salt      |

Cook milk, chocolate and fat over a slow fire and stir until chocolate melts and mixture is slightly thick. Add sugar and cook until thickened again, stirring constantly. Add vanilla and salt.

MRS. ESTEL ROGERS.

## ORANGE FILLING

- |      |                   |     |                      |
|------|-------------------|-----|----------------------|
| 3/4  | cup sugar         | 2   | egg yolks            |
| 4    | tablespoons flour | 2   | tablespoons butter   |
| 1/16 | teaspoon salt     | 3/4 | teaspoon orange rind |
| 1    | cup orange juice  | 1/4 | teaspoon lemon rind  |
| 1/3  | cup water         |     |                      |

Mix sugar, flour and salt thoroughly. Add orange juice, water and egg yolks (slightly beaten) and blend. Place over hot water and cook until smooth and thick, stirring constantly, about 10 minutes. Add butter, lemon juice, fruit rind. Cool.

MRS. MARY HAVERCROFT.

## ORANGE CREAM SAUCE

- |     |           |   |                       |
|-----|-----------|---|-----------------------|
| 2   | egg yolks | 1 | orange rind and juice |
| 1/2 | cup sugar |   | Whipping cream        |

Add sugar, juice and rind to beaten yolks. Cook until thick. Chill and add to whipped cream until desired flavor is secured. Delicious on a dessert where a delicate fruit flavor is desired in addition to whipped cream.

MYRTLE WALKER.

## PUDDING SAUCE

- |   |                      |   |                   |
|---|----------------------|---|-------------------|
| 1 | cup sugar            | 1 | tablespoon butter |
| 2 | cups water           | 1 | lemon             |
| 4 | teaspoons cornstarch |   |                   |

Heat water, sugar and lemon juice to boiling, add cornstarch mixed in a little water, and butter. Boil up again. May be served while hot.

FRANCES MOHR.

## HARD SAUCE

- |     |                    |   |                  |
|-----|--------------------|---|------------------|
| 1/2 | cup butter         | 1 | teaspoon vanilla |
| 1   | cup powdered sugar |   |                  |

Mix sugar into softened butter, add vanilla.

FRANCES MOHR.

## JELLIED CRANBERRY PULP SAUCE

- |   |                  |   |            |
|---|------------------|---|------------|
| 4 | cups cranberries | 2 | cups sugar |
| 1 | cup water        |   |            |

Cook cranberries over hot fire until berries burst. Press through a coarse sieve. Add 2 cups sugar and stir until the sugar is dissolved. Pour into a mold. This sauce will not gel if boiled after the sugar is added.

MRS. G. G. KRETSCHMAR.

## CARAMEL SAUCE

- |   |                          |   |                |
|---|--------------------------|---|----------------|
| 1 | cup white sugar          |   | Pinch of salt  |
| 2 | teaspoons butter         | 1 | cup cold water |
| 1 | heaping tablespoon flour |   |                |

Put sugar and butter in frying pan and stir over fire until golden brown. Add flour and salt, stir well before adding the cold water. More water may be added if necessary.

FRANCES MOHR.



# INDEX

Agar Gel .....	48	nut loaf .....	20
Alkaline bread .....	33	corn pones .....	37
Ammonia cookies .....	81	soy bean .....	33
Angel food cake .....	72	spoon .....	38
Angel food pie .....	86	whole wheat .....	31
Apple Charlotte .....	99	yeast corn .....	32
cheese pie .....	92	Broth, protose .....	10
coconut pudding .....	103	Brown betty .....	103
crisp .....	99	Brownies .....	81
delight pie .....	87	date .....	81
fluff pie .....	92	light .....	81
fritters, baked .....	101	Butterscotch bars .....	78
macaroni, baked .....	29	pie .....	88
meringue .....	102	pie, coconut .....	88
pineapple pie .....	87	pudding .....	103
rolls .....	32	Cabbage and tomatoes, stewed .....	60
snow custard .....	102	French .....	54
Swedish baked .....	99	German fried .....	60
whip frosting .....	76	nut salad .....	44
Apples, oxford .....	99	scalloped raw .....	54
Applesauce bread .....	33	Cake, angel food .....	72
Applesauce whip, frozen .....	83	baking powderless .....	68
Apricot dainty .....	104	boiled sponge .....	68
honey ice cream .....	108	bread .....	69
ice cream, favorite .....	94	burnt sugar .....	72
salad dressing .....	50	chocolate .....	67
sherbet .....	98	creole sponge .....	70
whip .....	104	currant and coconut .....	73
Asparagus and eggs au gratin .....	63	date loaf .....	71
and peas with eggs .....	51	Dorothy's orange loaf .....	70
eggs latticed with .....	51	farina nut .....	66
fried .....	51	fireless fruit .....	66
loaf .....	51	fruit .....	71
sandwich, rolled .....	39	good health .....	70
salad .....	43	imperial sunshine .....	69
tips, creamed lima beans and .....	51	kiser .....	104
with Mousseline sauce .....	51	layer .....	73
Avocado mayonnaise .....	50	lemon sponge .....	68
and orange salad .....	43	matrimonial .....	71
salad .....	43	molasses .....	73
Banana Pie .....	86	orange sponge .....	68
pie supreme .....	86	pineapple upside-down .....	71
Bean and tomato soup .....	9	quick .....	68
Beans, baked navy .....	19	sour cream .....	66
Italian .....	52	spice .....	70
souffle .....	64	sunshine .....	69
Beets, Harvard .....	52	walnut .....	66
Yale .....	52	white fruit .....	66
Black walnut cream .....	95	white layer .....	69
Blueberry muffins .....	35	wholesome .....	73
pie .....	93	Candied orange peel .....	110
Boston brown bread .....	34	Candy, delicious .....	112
Bread .....	31	fruit .....	107
alkaline .....	33	Cantaloupe salad .....	46
applesauce .....	33	Caramel cream pudding .....	103
and rolls, basic white .....	32	custard, frozen .....	96
Boston brown .....	34	sauce .....	115
corn .....	37	Caramels .....	109
crustades .....	36	Carrot caramel pie .....	92
dressing .....	26	cutlets, rice and .....	22
Mother's oatmeal .....	34	pie .....	92
nut .....	33		



ring	54	Cranberry and orange salad	42
souffle	62	cottage cheese salad	41
timbales	53	dessert	99
Carrots en casserole	54	juice cocktail	113
glorified	54	relish	113
in egg sauce	54	salad	42
Cauliflower fritters	52	sherbet	98
polonaise	52	Crackers, crisp	106
Celery and cabbage	44	Cream puffs	38
Cheese apple dumplings	100	Creamed spread	39
ball salad	49	Creams, Olympia	111
chorlotte	41	Creole sponge cake	70
cookies, cream	83	Croquettes, egg	64
fondue	62	mock chicken	64
souffle	65	parsnip	64
souffle, cottage	63	rice	62
vegetable ring	29	vegetarian chicken	16
Cherry centered chocolates	110	Crustades, bread	36
pie, champion	91	Currant and coconut cake	73
Chili sauce	114	Custard, apple snow	102
Chocolate cake	67	baked honey	106
chip ice cream	98	caramel (baked)	101
cereal cookies	81	frozen caramel	96
cream frosting	74	pie, coconut	90
dominoes	83	with caramel sauce, baked	101
French	113	with meringue, baked	102
frosting	74	with meringue, pumpkin	108
ice cream	96	Currant pudding	100
roll	67	Date and fig delight, frozen	97
roll, snow-whirl	67	and nut kisses	80
sauce, hot	114	cream pie	90
sponge	104	crumble	105
Chocolates, cherry centered	110	pudding	100
Chop suey, Chinese	22	salad	45
Chow mein	28	strips	80
Cinnamon stars	81	Dessert, easy-street	100
toast	36	Divinity	109
whilgig	32	fudge	111
Coconut frosting	75	Doughnuts, baked	72
fudge	112	Dream bars	78
Cookies, ammonia	81	Dumplings	36
chocolate cereal	81	cheese apple	100
cream cheese	83	potato	56
filled apple	83	soup	36
ice box	78	Egg and pea spread	40
Mildred's no baking powder	80	croquettes	64
nut bars	83	cutlets	65
oatmeal	78	nests	63
self-iced	80	salad, spinach stuffed	41
short	80	Eggplant	55
Swans Down	82	baked savory	55
Viennese almond	82	en casserole	55
Corn bread	37	in the shell, stuffed	55
bread, yeast	32	Eggs au gratin, asparagus and	63
chowder	12	baked in tomato	65
griddle cakes	38	Italian	62
mixture	53	Italian with cheese	62
platter, quick	53	latticed with asparagus	51
pones	37	scalloped	62
pudding	53	stuffed	63
recipe, green	53	Farina nut cake	66
tamale	53		
tamale loaf	18		
Cottage cheese filling	39		

Fig and date delight, frozen	97	Ice Cream	95, 96
cream filling for		apricot honey	108
Washington pie	76	chocolate	96
Filled apple cookies	83	chocolate chip	98
Fondant	109	electric refrigerator	94
French vanilla ice cream	96	favorite apricot	94
Fritters, baked apple	101	French vanilla	96
cauliflower	52	frigidaire chocolate	94
Fruit and nut bars	78	honey	107
a la cream	43	ice box	94
cake	71	junket	95
cake, white	66	marshmallow	95
candy	107	parfait	95
ice, mixed	97	peach	96
salad dressing	50	refrigerator	95
soup	10, 11	tutti-frutti	98
Fruitade	106	Italian creams	109
Frosting, apple whip	76	squash, baked	58
butter	75	Jelly roll	108
chocolate	74	Jellied cranberry pulp sauce	115
chocolate cream	74	Lady fingers	67
coconut	75	Lentil soup	11
fluffy mocha	76	Lima beans and asparagus	
fudge	74	tips, creamed	51
Hungarian chocolate	74	soup, cream of	11
jelly	77	savory	19
lemon butter	75	Lemon buns	30
orange seven minute	75	coconut cream	77
raisin and nut	76	filling	77
sea foam	75	pie, sunshine	90
strawberry	76	Loma Linda bouillon	12
Swiss chocolate	74	Macaroni and cheese, new	29
Fudge	112	baked apple	29
buttermilk	112	Macaroons	82
coconut	112	coconut	82
date	110	walnut	82
divinity	111	Maple freeze	94
plain	111	Marlow, pineapple	97
three layer	111	strawberry	97
uncooked	110	Mayonnaise, avocado	50
Gems, cold water	37	Meal in one dish	56
German recipe	33	Meringue, daffodil	106
Gingerbread, filling for	77	Milk, whipped dry skim	77
Gluten	13	Mince meat, green tomato	113
hamburgers	26	Mints	109
pot pie	13	Molasses spread	76
roast	13, 15	Mousse, plain	97, 100
steak	13	strawberry	97
Golden angel food	72	Muffins, blueberry	35
Graham cracker crust, delicious	84	rice	38
Graham crisp	36	whole wheat	35
Granola	113	Mushroom and rice soup,	
Grapefruit chariot	42	cream of	11
Gravy, mock chicken	114	timbales	18
Green corn recipe	53	with dressing	16
giant ring mold	57	Noodle dish, rich	28
Griddle cakes, corn	38	ring	28
Harvard beets	52	Noodles	29
Hi-Ho	105	mock chicken	29
Hints for a good custard	101	Nut bread	33
Hoe cake	37	creams	109
Honey butter spread	108	Oatmeal hamburgers	16
custard, baked	106	Okra	60
ice cream, apricot	108		



Olive fellets	18
Omelet, mushroom	65
puffy	65
puffy rice	64
savory	64
Onion shortcake	55
Orange and cranberry salad	42
and nut salad	43
cream sauce	114
filling	114
loaf cake, Dorothy's	70
peel, candied	110
salad, avocado and	43
Pancakes, sodaless	38
Pan rolls	32
Parfait, ice cream	95
Parker house rolls	30
Parsley butter	39
Parsnip croquettes	64
Parsnips and tomatoes casserole	61
creamed	61
Pastry, granola crust	84
hot water	84
whole wheat	84
made with oil	84
plain	84
Peach crisp	106
ice cream	96
salad, stuffed	43
Pea soup, split	10
Peanut butter cream	111
Peas especial	58
with eggs, asparagus and	51
with mushrooms, creamed	57
Pear blush salad	42
Pecan pie	90
Penoche, Mexican	110
Peppers, stuffed	58
stuffed raw sweet	45
Pie, angel food	86
apple cheese	92
apple delight	87
apple fluff	92
banana	86
black bottom	89
blueberry	93
butterscotch	88
butterscotch coconut	88
carrot	92
carrot caramel	92
champion cherry	91
chiffon pumpkin	91
coconut custard	90
date cream	90
date custard	90
date pumpkin	91
eggless pumpkin	88
fig cream filling for	
Washington	76
graham cracker cream	91
grapefruit	85
grape-nut raisin	85
lemon	89

chiffon	93
cake	89
meringue	89
sunshine	90
Matty's lemon	89
nut and apple	92
orange meringue	93
pecan	90
pineapple apple	87
pineapple cheese	87
pumpkin	88
raisin cream	85
rhubarb	87
rhubarb custard	87
sour cream raisin	93
strawberry	86
sunshine, lemon	90
supreme, banana	86
western	84
what'a	88
Pineapple apple pie	87
cheese pie	87
cream cheese filling	39
dessert, simple	99
ice box delight	105
marlow	97
sherbet	98
upside-down cake	71
Popcorn balls	112
Popovers	38
Potato celery soup	12
dumplings	56
long branch	56
O'Brien	56
soup, cream of	12
Protein dishes	
carrot cutlets	18
carrot loaf	22
celery roast	22
cheese and walnut roast	14
chow mein	28
corn tamale loaf	18
cottage cheese roast	14
Friday meat loaf	14
gluten roast	15, 13
glutenburger marzetti	16
granola-nut loaf	24
grape-nut roast	24
lentil Brazil nut loaf	25
lentil head cheese	21
lentil patties	21
macaroni and cheese, new	29
mashed potato-bologna pie	13
meatless loaf	15
mock chicken	27
mock chicken drum sticks	27
mock chicken pot pie	19, 27
mock duck	14
mock meat loaf	20
mock salmon roast	14
mushroom dressing	18
noodle dish, rich	28
noodle ring	28
noodles	29
nut and celery roast	23

nut and potato roast	21
nut brown roast	15
nut chowder	12
nutose, home made	25
nut meat	25
nut turkey roast	23
oatmeal hamburgers	16
pecan roast	14
picnic casserole	27
Portland timbers	23
potato roast	24
proteena, stuffed	16
protose	25
raviola	26
roast	24
soy bean loaf	20
meat	19
roast	19
soy cheese loaf	25
spinach loaf	22, 60
Tomato cheese	25
savory loaf	21
roast	18
vegetable-caroni	28
cutlets	20
gluten stew	15
goose	27
roast	21
vegetarian chicken a la king	15
chicken croquettes	16
fish balls	21
pot roast	23
Potato, toasted baked	56
Potatoes, Hawaiian sweet	57
Pudding, apple coconut	103
baked graham cracker	105
Borden's steamed	102
butterscotch	103
caramel cream	103
currant	100
date	100
graham cracker	104
ice box	105
Indian	103
lemon fluff	102
marshmallow	104
rice	108
sauce	115
Thanksgiving	100
Puffy rice omelet	64
Pumpkin	
custard with meringue	108
pie	88
pie, chiffon	91
Raisin and nut frosting	76
cream pie	85
filled rolls	34
pie, sour cream	93
Ravioli	26
Raw vegetable roast	52
Relish, cranberry	113
Rhubarb custard pie	87
pie	87

Rice and carrot cutlets	22
and peanut loaf	24
cheese souffle	65
croquettes	62
Italian, original Bringle	28
muffins	38
patties	24
pudding	108
puffy omelet	64
Ring tum ditty	16
Rocky road	112
Rolls	30
apple	32
cinnamon yeast	30
honey nut	107
ice box	30
pan	32
parker house	30
raisin filled	34
whole wheat	32
Sandwich, favorite	39
asparagus	43
cottage cheese filling	39
filling, soy mince	39
hot hash	39
hot stuffed	40
protose and nuttolene	40
rolled asparagus	39
spread, mushroom	40
spread, Spanish	40
tomato and cheese hot	40
Salad, avocado	43
butterfly	42
cabbage nut	44
cantaloupe	46
celery and cabbage	44
cheese ball	49
combination green	44
cranberry	42
and orange	42
cottage cheese	41
cup and saucer	42
date	45
dinner	41
frozen fruit and cheese	46
frozen pineapple	46
frozen tomato	49
hot	52
island	41
imperial	46
lettuce, sweet pepper	44
Lindbergh's lunch	41
log cabin	44
macaroni	49
mock salmon	48
of '76 in new dress	49
Ontario tomato	49
orange and nut	43
orange peanut	43
overnight	46
pear blush	42
shamrock	48
stuffed peach	43



stuffed tomato .....	44	Spoon bread .....	38
tomato jelly and baked bean....	45	Spritz, Swedish .....	80
tomato sandwich .....	48	Squash, baked Italian .....	58
vegetable .....	44, 45	cutlets, summer .....	58
vegetarian chicken .....	49	Stew, vegetable gluten .....	15
dressing, apricot .....	50	Strawberry frosting .....	76
boiled .....	50	marlow .....	97
cooked .....	50	mousse .....	97
economical .....	50	pie .....	86
for grapefruit or avocado ....	50	Summer squash, scalloped	
fruit .....	50	zucchini or .....	58
Sauce, hard .....	115	Sunshine cake .....	69
Scalloped zucchini or summer		Sweet potato and orange	
squash .....	58	casserole .....	107
Self-iced cookies .....	80	Sweet potato, Hawaiian .....	57
Sherbet, apricot .....	98	Taffy, cream .....	110
cranberry .....	98	honey .....	106
lemon .....	96	Tamale, corn .....	53
pineapple .....	98	loaf, corn .....	18
Short cookies .....	80	Three in one .....	54
Shortbread .....	37	Timbales, carrot .....	53
Snow fluff .....	77	mushroom .....	18
Souffle, bean .....	64	vegetable .....	59
carrot .....	62	walnut .....	23
cheese .....	65	Tomato salad, frozen .....	49
cottage cheese .....	63	salad, stuffed .....	44
peanut butter .....	63	soup, cream of .....	9
rice cheese .....	65	sommerset .....	59
Soup, bean and tomato .....	9	stuffed .....	44
cream of lima bean .....	11	Tomatoes and parsnips	
cream of mushroom and rice ....	11	casserole .....	61
cream of potato .....	12	baked .....	61
cream of spinach .....	9	creamed .....	59
cream of tomato .....	9	mince meat, green .....	113
farmer's favorite .....	10	Turnip puff .....	60
fruit .....	10, 11	Turnips, glorified .....	59
lentil .....	11	Vegetable salad loaf .....	45
Loma Linda bouillon .....	12	soup .....	10
mock chicken .....	10	pie .....	59
potato celery .....	12	timbales .....	59
split pea .....	10	Vegex .....	114
thousand island .....	9	Vitamin soup .....	12
tomato noodle .....	9	Waffles, raised .....	35
vegetable .....	10	whole wheat .....	35
vitamin .....	12	Walnut-cocoa drops .....	83
Washington sanitarium		timbales .....	23
favorite .....	11	What'a pie .....	88
Sour cream cake .....	66	Wheat puffs .....	35
Soy bean bread .....	33	White sauce .....	61
loaf .....	20	Whole wheat sticks .....	36
meat .....	19	Yale beets .....	52
roast .....	19	Yam and apple casserole .....	57
sprouts .....	59	Yams, candied .....	56
southern style .....	19	Yeast corn bread .....	32
Spanish sandwich spread .....	40	Yellow angel food .....	70
Spice cake .....	70	Yum yum sticks .....	82
Spinach loaf .....	60, 22		
Soup, cream of .....	9		
with egg and cheese .....	58		



PLASTIC BINDING  
U. S. Patent No. 1970285  
License No. 36